Healthy Food Pantry Wish List

**Fruits**
- Canned fruits in light syrups or in own juices
- No sugar added applesauce
- Fruit snacks (100% juice)
- Fruit cups (100% fruit)
- Juice - Canned and boxed (100% fruit)

**Vegetables**
- Low-sodium or "no salt added" canned vegetables
- Low-sodium canned tomato products
- Reduced sodium spaghetti sauce
- Low-sodium V-8 juice
- Tomato paste
- Reduced sodium vegetable soups

**Grains, Cereal, Rice and Pasta**
- Brown Rice
- Whole wheat/bran cereal (>5 grams of fiber)
- Whole grain crackers (>2 grams of fiber)
- Plain oatmeal
- Granola bars/Shredded wheat (>2 grams of fiber)
- Hot cereal mixes - cream of wheat, cream of rice
- Whole wheat pasta
- Egg noodles
- Corn tortillas

**Poultry, Fish, Beans and Nuts**
- Canned chicken
- Canned salmon or low-sodium tuna in water
- Dried beans
- Low-sodium canned beans - all varieties
- Unsalted nuts
- Reduced sodium peanut butter

**Milk and Cheese**
- Powdered milk
- Shelf-stable milk, soy or almond milk (in a box)
- Cheddar, mozzarella or feta cheese

**Fats and Oils**
- Canola, coconut or olive oil
- Low-sodium salad dressing - Italian, vinaigrette
- Popcorn - lower sodium, low-fat