Healthy Food Pantry Wish List

Fruits

Canned fruits in light syrups or in own juices
No sugar added applesance
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

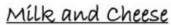
Granola bars/Shredded wheat (>2 grams of fiber) Hot cereal mixes - cream of wheat, cream of rice Whole wheat pasta

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



Powdered mílk Shelf-stable mílk, soy or almond mílk (ín 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

