

# Healthy Food Pantry Wish List



Council of Churches  
of the Ozarks

## 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

