



The Best Foods To Donate To your Food Drive

Foods high in fat, oils and sugar provide calories, but few nutrients. These foods make up a high percentage of many diets because they are inexpensive and easy to obtain.

It is therefore important to provide healthful foods for those with limited financial resources to supplement their restricted choices with healthy alternatives.

A key point to highlight is that while an overweight person may look well-fed, they may be filling up on calorie-dense food that does not contain the nutrients their body needs. Take a look at the food groups below to help guide you in providing healthy choices.

[For more information, visit us at www.lafoodbank.org](http://www.lafoodbank.org)

Fruits & Vegetables

Canned or dry fruits and vegetables in an array of colors to ensure consumption of a variety of vitamins and minerals.

- canned vegetables
- vegetable juice
- tomato sauce
- spaghetti sauce
- canned fruit (In its own juice)
- fruit juice (100%)
- shelf-stable fruit cups

Protein

Shelf-stable lean meats as a good source of low-fat protein and canned or dry beans as a good source of fiber.

- tuna
- salmon
- chicken
- beans (dry or canned)
- chili
- beef stew
- peanut butter
- nuts

Grains

Non-perishable whole grains for maximum nutritional value.

- oatmeal
- whole grain crackers
- whole wheat pasta
- low sugar / high fiber cereal
- whole grain rice

Dairy

Shelf-stable low-fat dairy products fortified with vitamin D.

- evaporated milk
- powdered milk
- sweetened, condensed milk
- shelf stable rice milk
- shelf stable soymilk