Food Drive Shopping List

GUIDELINES:

- We accept all **non-perishable** (not frozen or refrigerated), sealed, unexpired food.
- We **do not** accept glass containers, baby food & formula**,** or pet food.
- We also accept unopened toiletries (shampoo, soap, shaving cream, etc.) – these should be kept separate from any food donations.

Most Desired Non-Perishable Food Items

Proteins

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

- Canned tuna fish
- Canned salmon
- Canned chicken
- Canned or dried beans
- Low sodium soup/stew
- Peanut butter
- Nuts

Whole Grains

Choose **non-perishable** whole grains as often as you can for maximum nutritional value.

- Oatmeal
- Whole grain crackers
- Pasta
- Low sugar / high fiber cereal
- Whole grain rice

Fruit & Vegetables

Choose **canned or dry** fruits and vegetables to ensure consumption of a variety of vitamins and minerals.

- Low sodium canned vegetables
- Vegetable juice
- Tomato products: Diced tomatoes, Tomato juice, Tomato sauce
- Canned fruit (in its own juice)
- Fruit juice (100%)
- Dried fruit
- Applesauce
- Shelf-stable fruit cups

Dairy

Choose **shelf-stable** low-fat dairy products fortified with vitamin D.

- Dry milk
- Evaporated milk
- Boxed shelf-stable milk

For more information please visit us at: **www.gbfb.org/get-involved/food-and-fund-drive/**