



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)

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

Fruits & Vegetables

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

Protein

Non-perishable whole grains for maximum nutritional value.

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

Grains

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

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

Dairy