

Please Give Nutritiously

Thank you for supporting our local food pantry with your donations. Healthy Jackson County hopes you give from the heart and for heart health—food that is nutritious and healthy.

Here is a list of suggested healthy food donations:



Chicken, Salmon and Tuna - **Canned in water**

Canned Beans - black, red, kidney, pinto, refried, great northern, garbanzo, chili

Canned Vegetables - **Choose no salt added or low sodium** - All varieties - tomatoes, peas, carrots, green beans, tomato sauce, mushrooms, asparagus, etc.



Canned Fruits and Fruit Cups - Choose **canned in water or 100% juice, NO heavy syrup and NO sugar added applesauce**



Canned Soups, Bouillons, Broths - **healthy versions, reduced fat, low sodium**

Sauces - spaghetti, sloppy joes, tomato - **choose no added salt, low sugar**

Canned or Boxed Meals: chili, spaghetti, mac & cheese, Pasta-Roni, Rice-A-Roni - **choose low fat, lower sodium**

Dried Fruits - raisins, apricots, apples, Craisins - **choose no added sugar**

Cereal, Oatmeal, Instant Oatmeal, Grits - **choose whole grain and look for low in sugar, less than 10 grams of sugar per serving on label**



Dried Beans - all types

Pasta/Noodles - **consider whole grain, high fiber**

Peanut Butter and Other Nut Butters

Brown or Wild Rice - bag, instant or microwave - **look for low sodium**

Jelly, Jam, Fruit Preserves - **low sugar for some of purchase**

Crackers - **consider whole grain, low fat or low sodium**

Microwave Popcorn - **95% fat free, low sodium**

Juice - **low sodium tomato juice**

Fruit Juice - **100% fruit juice - shelf stable**

Unsalted nuts and seeds

