



## Healthy Food Donation Guide

*Brought to you by Our Healthy Community Initiative  
from the Dallas High-Shoals Christian Ministry.  
To learn more, visit us at [www.dallaschristianministry.org](http://www.dallaschristianministry.org)*

### FRUITS & VEGETABLES

- No sodium canned vegetables, including tomatoes
- Reduced sodium (and low sugar if available), shelf-stable tomato/vegetable pasta sauce
- Canned fruit in 100% juice and shelf-stable fruit cups
- Unsweetened applesauce cups
- Dried fruits/vegetables with no added sugar or salt
- Fresh fruits and vegetables
- Frozen fruits and vegetables

### 100% WHOLE GRAINS

- Whole-grain, multi-grain, or wheat bread
- Unflavored oatmeal, cream of wheat, or rolled oats
- Whole-grain cereals
- Whole-grain or 100% wheat or brown rice crackers
- Whole wheat, high fiber, or multigrain pasta
- Brown or wild rice, whole wheat couscous, & barley
- Whole-grain rice cakes, granola, or cereal bars

### PROTEIN

- Canned chicken, tuna, or salmon in water
- Canned, reduced sodium, and reduced fat soups
- Dried beans, peas, or lentils
- No sodium or low sodium beans (such as black, kidney, cannellini), black-eyed or chickpeas
- Peanut butter
- Quinoa
- Unsalted or low-salt nuts and seeds (such as almonds, walnuts, cashews, peanuts, and sunflower)
- Fresh or store-bought eggs

### OTHER

- No sodium or low sodium chicken or vegetable broth
- Virgin and extra virgin olive, canola, or sesame oil
- Shelf-stable and low-fat, vitamin D-fortified regular, soy, almond, or rice milk
- Boxed, unflavored, low-fat regular, dehydrated milk, or canned evaporated milk

### Hope for Homeless

- Bottles/jugs of water
- Pop-top cans for homeless clients
- Vienna Sausages, fully cooked meat
- Dried meat, beef sticks, beef jerky, etc
- Pint-size milk of any kind
- Soups, beanie weenies, or items that do not need to be heated or cooked

### DONATIONS TO AVOID

- × Food in glass jars.
- × Expired cans and boxed food items.
- × Damaged, already opened food items.
- × Rusty or unmarked cans of food.
- × Homemade food items.
- × Any food you would NOT eat or feed your family.