

## Nonperishable items recommended for donation to Food Pantries

- Canned vegetables (low sodium or no salt) such as corn, green beans, carrots
- 100% fruit juice
- Peanut butter (18 oz plastic)
- Breakfast cereal and oatmeal (whole grain or low sugar)
- Applesauce (no sugar added)
- Shelf-stable low-fat milk
- Dry-grated parmesan cheese
- Canned proteins: Tuna, chicken, salmon
- Canned fruits: Peaches, pears, pineapple
- Canned or dried beans: Black beans, pinto beans, kidney beans
- Canned soup: Tomato soup, chicken noodle soup
- Pasta: Spaghetti, penne, elbow macaroni (Whole wheat pasta: A long-lasting, easy-to-cook food that's more nutritious than regular pasta.)
- White rice, brown rice, or quinoa
- Olive and Canola Oils
- Vinegar or lemon juice
- Broths (low sodium or no salt)
- Spices: garlic, pepper, cinnamon, oregano, parsley, chili powder, dill, etc.
- Split peas and lentils
- Hygiene products: These are often in short supply.

### Please remember if donating...

Do not donate expired food, or foods in opened or damaged containers.

Do not donate glass containers if at all possible. Besides the possibility of breakage, they are heavier.

Do not donate items that are missing labels. Food pantries cannot accept these items.

Do not donate medicines.

To limit food waste in landfills, consider composting foods you cannot donate. A compost bin will create a natural fertilizer to enrich soil and decrease the amount of methane emitted into the atmosphere.

Here are some things you can compost:

- Produce
- Grains
- Coffee grounds
- Paper towels/napkins
- Compostable paper atmosphere
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DO NOT put meats, dairy, liquids, food wrappers, or plastic cutlery in the compost bin.

