

Smart Choices: A Healthy Food Pantry Wish List

Lower income families tend to have higher rates of obesity, diabetes, heart disease, cancer, and other health conditions related to poor nutrition. These families often have limited access to inexpensive, fresh, and nutritious foods. That may lead to the purchase and consumption of foods high in fat, sugar and sodium. Please help your local food pantry improve the quality of the food it distributes by donating the following healthy items.

Fruits

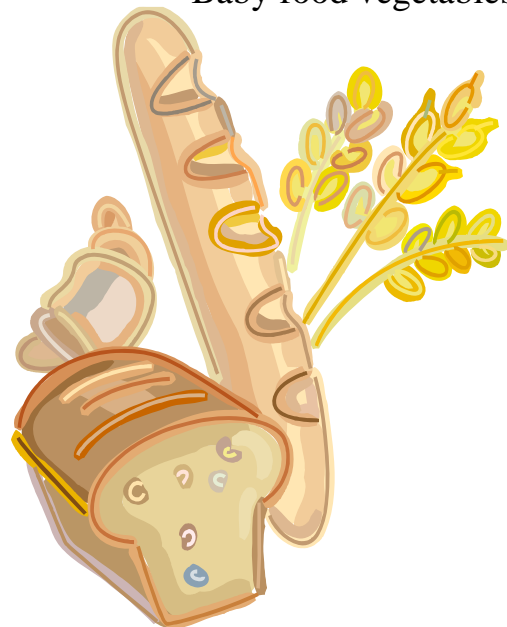
Canned fruit in light syrup or in own juices
 No sugar added applesauce
 Dried fruits
 Fruit leather (100% fruit)
 Canned and boxed 100% juice
 Raisins
 Baby food fruit



Vegetables
 Low-sodium or “No salt added” canned vegetables
 Low-sodium canned tomato products
 Spaghetti sauce
 V-8 juice
 Vegetable soups
 Baby food vegetables

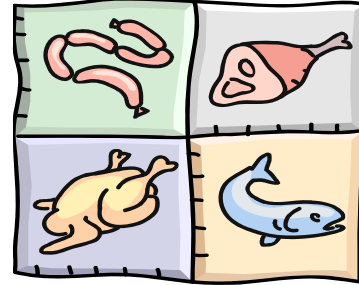
Bread, Cereal, Rice & Pasta

Brown Rice
 Whole wheat/bran cereal
 Whole wheat flour
 Plain or low-sugar oatmeal
 Reduced-fat whole grain crackers
 Granola bars/Shredded wheat
 Low-fat graham crackers/animal crackers
 Low-fat cookies or muffins
 Pancake mix
 Flour/Bread Mix (biscuit/cornbread)
 Hot cereal mixes
 macaroni and cheese mix
 Dry noodles and pastas
 Rice and rice mixes



Poultry/Fish/Beans/Nuts

Canned chicken or turkey
Canned salmon or tuna in water
Canned or dried beans
Turkey or vegetarian chili
Low-sodium broth or bean soups
Low-fat cream soups
Unsalted nuts: almonds, walnuts,
Peanuts, soy nuts, pistachios
Peanut butter/canned beef stews

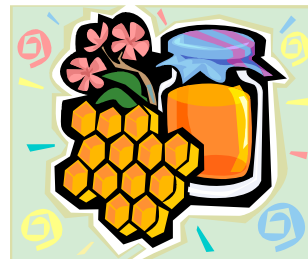


Milk, Yogurt and Cheese

Powered milk
Shelf-stable milk or soy milk (in a box)
Fat-free pudding
Infant formula
Instant breakfast drinks
Evaporated milk

Fats, Oils and Sweets: USE SPARINGLY

Syrup
Jelly and Jam
Honey
Sugar
Mayonnaise
Vegetable Oil
Salad dressing
Popcorn
Flavored gelatin



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