

# Healthy Food Donation Checklist

## Milk, Milk Substitutes, Other Dairy

- Low-fat fresh, shelf-stable, powdered, or evaporated milk
- Soy milk – unflavored
- Yogurt, cottage cheese



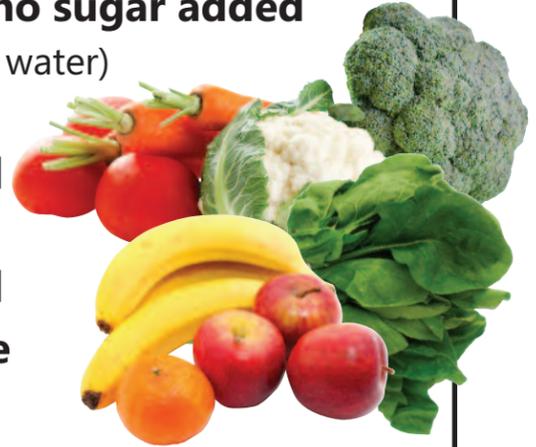
## Whole Grains (first ingredient should say the word "whole" wheat, corn, etc.)

- Cold cereal—low-sugar, high-fiber (toasted oats, bran flakes, shredded wheat)
- Hot cereal – no sugar (oatmeal, cream of wheat, grits)
- Brown or wild rice
- Whole-wheat pasta (including whole-wheat couscous)
- Quinoa
- Whole grain baked goods (bread, rolls)



## Vegetables and Fruit

- Fresh or frozen fruits and vegetables
- Canned vegetables, low- or no-salt added (mixed greens, carrots, green beans, mixed vegetables, peas, corn)
- Canned fruit – no sugar added (packed in juice or water)
- Applesauce – no sugar added
- Dried fruit – no sugar added
- 100% fruit juice



## Prepared Foods (only some emergency food programs can accept these)

- Entrees, starches, side vegetables, chilled to 40°F, that have not been served or placed on a buffet



## High-Protein Foods

- Frozen lean meats
- Canned or packaged, shelf-stable meats – packed in water, low-sodium (chicken, tuna, salmon, mackerel, sardines)
- Fresh eggs
- Canned beans – low-sodium
- Dried beans/peas (black, pinto, kidney, lentils, split peas)
- Nuts/seeds (almonds, peanuts, sunflower seeds, pumpkin seeds)



## Other

- Canned spaghetti/tomato sauce, low- or no-salt added
- Canned whole/diced tomatoes, low- or no-salt added
- Salsa, low-sodium



Limit donations of sugary drinks, candy, and unhealthy snacks (cookies, chips, other foods high in fat, sodium, sugar, or calories).

To learn more about how and where to donate food contact:

**Food Bank For NYC:**  
Food/Fund Sourcing Manager,  
212-566-7855 x 2250,  
[foodsourcing@foodbanknyc.org](mailto:foodsourcing@foodbanknyc.org)

**City Harvest:**  
Manager, Food Sourcing,  
646-412-0754,  
[fooddonations@cityharvest.org](mailto:fooddonations@cityharvest.org)