

GUIDELINES FOR HEALTHY FOOD DONATIONS

Next time you donate, keep in mind the following healthy food items:

Fruits

Canned fruit in its own juice
100% fruit juice
no sugar added applesauce

Vegetables

Canned vegetables
(low sodium or no salt added).

Grain

Whole grain pasta, brown rice or quinoa.
Oatmeal or breakfast cereals (whole grain or low sugar).

Protein

Canned meats such as tuna, chicken and salmon.
Beans, canned or dried. Split peas and lentils, or peanut butter.

Dairy

Shelf stable low-fat milk, non-fat dried powder milk, dry-grated Parmesan cheese.

Other items

Olive oil, canola oil,
low sodium/no salt added broths,
lemon juice or vinegar.
Spices such as garlic, pepper, cinnamon,
oregano, parsley, chili powder or dill.

Hearty Produce Works Too!

*Non-refrigerated items, such as:
Apples, Citrus fruits, Potatoes,
Onions, Garlic and more!

For more information:

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The mission of the HNC is to ensure food security and access to healthy nutritious food for residents of Bucks County by educating, connecting and promoting the efforts of hunger relief partners.

