



Stocking a Healthy Food Pantry Checklist

Fruits and vegetables

- Fresh or canned vegetables, low- or no-salt added
 - Carrots, sweet potatoes, corn, green peas, lima beans, asparagus, beets, green beans, mushrooms, tomatoes, mixed vegetables, etc.
- Fresh or canned fruit in 100% juice, or no sugar added
- Applesauce, no sugar added
- Dried fruit, no sugar added
- 100% fruit juice
- 100% vegetable juice

Whole grains

(first ingredient listed should say “whole” wheat, corn, etc.)

- Whole-grain and enriched pasta
- Brown or wild rice
- Whole-grain cold cereals with low sugar
- Whole-grain hot cereals, oatmeal, Cream of wheat, grits
- Whole-grain crackers
- Corn or whole-grain tortillas, non-refrigerated
- Quinoa
- Barley
- Popcorn
- Whole-grain granola bars

Dairy

- Low-fat or non-fat shelf stable milk, powdered or UHT
- Low-fat soy milk, unflavored
- Low fat pressurized cheese made from milk, non-refrigerated

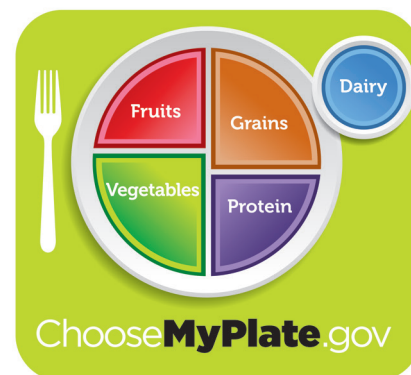
Protein food items

- Fresh or canned meats and fish packed in water (chicken, tuna, salmon, sardines, etc.)
- Canned beans, low-sodium
- Dried beans/peas (black beans, black-eye peas, chickpeas (garbanzo beans), kidney beans, navy beans, lentils, etc.)
- Nuts and seeds, low- or no-salt added (almonds, peanuts, sunflower seeds, pumpkin seeds, pecans, etc.)
- Nut butter (peanut, almond)

Other items

- Spaghetti sauce, tomato sauce, low- or no salt-added
- Canned and shelf-stable soups and broths, low- or no salt-added
- Vegetable oil
- Flour
- Sugar
- Spices

Please do not donate: rusty or unlabeled cans, homemade items, noncommercial canned or packaged items, open or used items, alcoholic beverages, and outdated or expired product.



Adapted from NYC Healthy Food Donation Initiative Food Donation Checklist accessed online at www.nyc.gov/html/doh/html/living/food-donation.shtml