



STOCKING A HEALTHY FOOD PANTRY CHECKLIST

Fruits and vegetables

- Fresh or canned vegetables, low-sodium 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

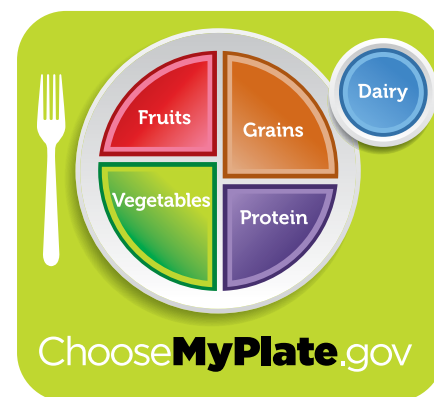
Protein food items

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

Other items

- Spaghetti sauce, tomato sauce, low-sodium or no salt-added
- Canned and shelf-stable soups and broths, low-sodium or no salt-added
- Vegetable oil
- Flour
- 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or unlabeled cans, homemade items, noncommercial canned or packaged items, open or used items, alcoholic beverages and outdated or expired products.



Adapted from NYC *Healthy Food Donation Initiative Food Donation Checklist* accessed online at www1.nyc.gov/site/doh/health/health-topics/healthy-food-donation.page