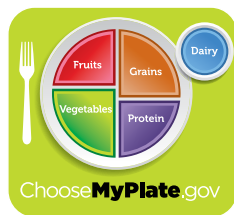




STOCKING A HEALTHY FOOD PANTRY DONOR LETTER

We thank you for your organization's interest in hosting a community food drive. The [NAME] food pantry is committed to supporting the health and well-being of our guests and our community by offering healthier food choices at our pantry. Please assist in stocking our food pantry shelves with more nutritious foods and limiting donations of less nutritious foods.

Please consider giving more of the following foods:



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

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

Whole grains

- 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

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
- Cooking oils such as olive, vegetable, or canola oil

Please limit donations of the following foods:

- Sugary drinks (soda, fruit-flavored drinks, energy/sports drinks, sweetened teas, etc.)
- Candy
- Unhealthy snacks (chips, cookies, and other foods high in fat, sodium, sugar, calories)

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or unlabeled cans, homemade items, noncommercial canned or packaged items, open or used items, alcoholic beverages, and outdated or expired products.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 Letter www1.nyc.gov/site/doh/health/health-topics/healthy-food-donation.page