



Healthy Food Donation List

The mission of the South Wood County Hunger Coalition is working together to reduce hunger.

When donating food please consider foods that are **lower in sugar, fat, and salt (sodium)**, and foods that contain **whole grains**.

Dairy

Evaporated or canned milk
Non-fat dry milk

Fruits

Canned Fruits (canned in water or 100% juice, not in heavy syrup)

Applesauce

Apricots

Grapefruit

Peaches

Pears

Pineapple

Canned or Bottled 100% juices

Apple

Cranberry

Fruit blend

Grape

Dried Fruit (no added sugar)

Apricots

Banana Chips

Cranberries

Raisins

Perishable Products

Skim or 1% milk

Greek Yogurt

Yogurt (low sugar)

Cheese

Any fresh and/or frozen fruits

Any fresh and/or frozen vegetables

Not all facilities are able to store perishable products

Whole Grain

Barley

Popcorn

Oatmeal (instant or regular- no sugar added)

Brown rice (regular or instant)

Whole Grain cereal

Whole grain crackers

Whole grain pasta

Whole wheat or corn tortillas

For all whole grain foods: On ingredients label 1st ingredient listed should be whole grain

Vegetables

Canned dark green vegetables

Collard greens

Mustard greens

Turnip greens

Spinach

Canned starchy vegetables

Corn

Green peas

Lima Beans

Potatoes

Other canned vegetables

Asparagus

Beets

Green beans

Mushrooms

Tomatoes and Tomato sauce

Tomato juice

Vegetable juice

Wax beans

All vegetables should be low sodium

Meat and Beans

Dry beans and peas (dry or canned in water)

Black beans
Black-eyed peas
Chickpeas (garbanzo beans)
Kidney beans
Navy beans
Pinto beans
White beans

Canned Meat

Chicken
Clams
Sardines
Tuna (canned in water for lower fat)

Nuts and seeds

Almonds
Mixed nuts
Peanuts
Peanut butter (no trans-fat)
Pecans
Pistachios
Pumpkin seeds
Walnuts
Cashews

All nuts and seeds should be low sodium

Staples, Meal Makers, and Extras

Staples

Baking mixes (Bisquick or store brand)
Baking soda
Baking powder
Whole wheat flour
Olive oil
Canola oil
Non-stick baking olive oil spray
Stevia
Honey

Meal Makers

Cream soups (low sodium and low fat)
Gelatin
Spaghetti sauce (no sugar added)
Soup Mixes (Lipton or store brand)
Bouillon (cubes or granules)

Extras

Canned chilies
Ketchup (low sodium)
Coffee
Enchilada or taco sauce
Garlic
Jellies and Jams (low sugar)
Maple syrup (no sugar added)
Pickles
Salsa
Salad dressings (low fat or fat free)
Spices and seasonings
Soy sauce (low sodium)
Tea

Food items that are not accepted: dented or bulged cans, expired foods, open packages, home canned foods, and infant formula.

Monetary cash donations are pooled and used to buy needed healthy food items

The South Wood County Hunger Coalition, an initiative of the United Way, is a partnership of food pantries and other nonprofits, government, business and community leaders working together to reduce hunger.

Some of the information above has been adapted with permission from Marshfield Clinic and Healthy Lifestyles-Marshfield Area Coalition