

Donate foods for health

When you donate food to a food pantry, soup kitchen or shelter during a food drive in your community, think about the quality of the food you are donating. Many people who receive food from emergency food programs rely on this food for regular meals, so nutrition is important! Also, some are at risk for health problems. Good nutrition can help them cope better with the physical and mental stress they face in their lives.

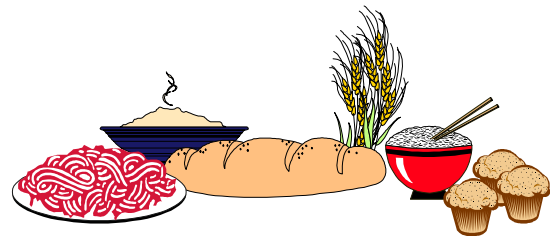
Avoid the temptation to donate that old can of food which nobody in your house will ever eat. Never donate dented or bent cans of food, food in damaged packages or out-of-date foods.

Here are some ideas for donating high quality, nutritious foods.

1. Follow the Food Guide Pyramid

GRAINS

- Cereals
- Couscous
- Muffin mix
- Pancake mix
- Pasta of all kinds
- Rice, Rice pilaf mix
- Taco shells

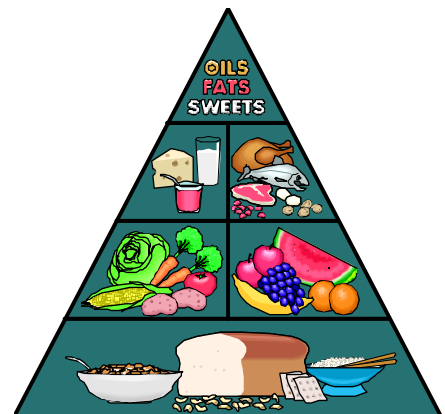


VEGETABLES

- Canned tomato juice
- Canned tomato sauce
- Canned tomatoes, tomato puree or paste
- Spaghetti sauce
- Canned peas, corn, green beans, carrots, mixed vegetables

FRUIT

- Canned applesauce
- Canned fruit in juice or light syrup (Peaches, pears, pineapple)
- Cans or plastic bottles of 100% fruit juice
- Dried fruit (raisins, prunes)
- Juice boxes (100% juice)



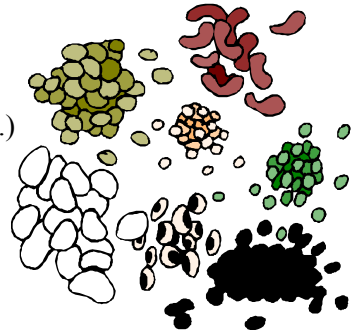
MILK PRODUCTS

Canned milk
Cartons of milk (aseptic packaging, no refrigeration required)
Cheese spreads (no refrigeration required)
Dry milk
Grated cheese (no refrigeration required)



MEAT AND PROTEIN FOODS

Bean, lentil or split pea soup
Canned baked beans
Canned dry beans (kidney, garbanzo, pinto, etc.)
Canned tuna, chicken or ham
Dried beans, lentils, split peas
Dry roasted peanuts
Hearty beef or chicken soup
Peanut butter



OTHER FOODS

Baby food
Bottled water
Cake or cookie mixes
Canned soup
Coffee, tea
Condiments such as ketchup, mustard, mayonnaise
Herbs such as oregano, basil, garlic powder
Jams or jellies
Main meal mixes (macaroni & cheese)
One Can Meals -- hearty stew, chili, pasta meals
Pudding mixes
Salad dressing
Sugar
Vegetable oil



NON-FOOD ITEMS

Dish detergent
Paper towels
Toilet paper
Sponges

2. Make sure the food is not out of date. This is extremely important for baby foods.
3. What other ideas do you have?

For more information contact: Linda Drake, (860)486-1783 or ldrake@canr.uconn.edu