



## Common Grounds Outreach Center

6600 MacCorkle Ave. SE - Charleston, WV - 25304 - 304 720-9690

### Healthy Donations Wish List

Lower income families tend to have higher rates of obesity, diabetes, heart disease, cancer and other health conditions related to poor nutrition. In addition, these families often have limited access to inexpensive, fresh, and nutritious foods. This often leads to the purchase, preparation, and consumption of foods high in fat, sugar and sodium. Please help your local food pantry improve the quality of the food it distributes by donating the following healthy items.

#### Poultry/Fish/Beans/Nuts

Canned chicken or turkey  
Canned salmon or tuna in water  
Canned or dried beans  
Turkey or vegetarian chili  
Low-sodium broth or bean soups  
Low-fat cream soups  
Unsalted nuts: almonds, walnuts, peanuts,  
soy nuts, pistachios

#### Grains

Brown rice  
Whole wheat pastas  
Whole wheat/bran cereals  
Whole wheat flour  
Plain or low-sugar oatmeal  
Reduced-fat whole grain crackers  
Granola bars

#### Vegetables

Low-sodium or "no salt added" canned  
vegetables  
Low-sodium canned tomato products  
Vegetable seeds for home gardens

#### Fruit/Desserts

Canned fruit in light syrup or in own juices  
No sugar added applesauce  
Dried fruits  
Fruit leather (100% fruit)  
Canned and boxed 100% juice  
Fat-free pudding  
Sugar-free Jell-o  
Low-fat cookies  
Low-fat graham crackers/animal crackers

#### Dairy

Powdered milk  
Shelf-stable milk or soy milk (in a box)

#### Additional Food Items

*(These items can be used by recipients to prepare meals in healthier ways.)*  
Herbs and spices  
Salt-free seasonings  
Olive or canola oil  
Sugar substitutes (like honey or cane sugar)

### Items Always In Need

Baby foods and formulas  
Diapers  
Deodorant  
Toothpaste/toothbrush  
Toilet paper  
Shampoo/Conditioner  
Shaving cream

Razors  
Female sanitary products  
Bath soap  
Dish detergent  
Laundry detergent  
Cleaning supplies

**Thank you for your generosity!**

## **BREAKFAST CEREAL**

Types of Cereal preferred but not limited to...

- Ready-to-eat (e.g., corn flakes, bran flakes)

All-Bran

Bran Flakes

Cheerios

Corn Chex

Cornflakes

Kix

Mini Wheat's

Multigrain Cheerios

Oat Life

Post Raisin Bran

Product 19

Raisin Bran

Rice Chex

Rice Krispies

Shredded Wheat

Special K

Total

Trix 25% less sugar

Wheat Chex

Wheat Flakes

Wheaties