

HEALTHY OPTIONS DONATION LIST



1. CANNED FRUIT

Packed in juice, not heavy syrup

2. PROTEIN

Canned tuna, chicken, and salmon, etc.

3. OTHER PROTEIN

Canned beans, peanut butter

4. CEREAL

Whole grain/lower-sugar cereals

5. CANNED SOUP

Healthy choices, lower sodium

6. RICE

Individual 1-2 lb bags

7. TOMATO/PASTA SAUCES

8. CARBOHYDRATES

Whole grain pasta, macaroni and cheese, etc.

9. CANNED VEGETABLES

10. DIAPERS & WIPES

Sizes 4,5,6

JewishFamilyService

Weinberg Food Pantry

Drop off hours: Tuesdays and Wednesdays, 2:00 p.m. to 3:30 p.m.

Bring donations to the garage with the blue awning.

3201 South Tamarac Drive, Denver, CO 80231