

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. OATMEAL/CEREAL

Whole grain/lower-sugar cereals

5. CANNED SOUP

Healthy choices, lower sodium

6. JUICE

100% fruit juice

7. TOMATO/PASTA SAUCES

8. CARBOHYDRATES

Whole grain pasta, macaroni and cheese, instant potatoes, etc.

9. TOILET PAPER

10. DIAPERS

Only sizes 4,5,6

JewishFamilyService

Weinberg Food Pantry

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