HEALTHY OPTIONS DONATION LIST

TOP 10 NEEDS

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

Jewish Family Service
Weinberg Food Pantry

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