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

**Top 10 Needs**

**Healthy Options Donation List**

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**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