

# A Ton of Love

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# FOOD DRIVE

This is a list of items to donate. Consider donating food with pop-top lids for the clients who may have difficulty opening cans with a can opener. Though we have a goal of collecting 2,000 pounds of food, we encourage you to give the best food possible, but also realize you have a budget. If you can afford to donate organic items, great. If not, that's OK, too. Every donation makes a difference. Manna Pantry welcomes all non-perishable food items. They especially need:

## **CANNED ITEMS**

Canned fish, such as salmon, tuna and sardines  
Canned meats, such as chicken and turkey  
Tomato Sauce  
Tomato Paste  
Diced Tomatoes  
And any other tomato products  
Canned fruits packed in water versus syrup  
Canned veggies, low salt or no added salt

## **OTHER ITEMS**

Canned or boxed low-sodium soups and stews  
Dried or canned legumes, such as peas, lentils, peanuts and beans

## **GRAINS**

Whole grains, such as quinoa and spelt  
Rice (brown, wild)  
Steel-cut or rolled oats  
Whole grain dry cereals with at least 5 grams fiber/serving  
Whole grain pastas, such as whole wheat, brown rice flour or quinoa  
Fruits in natural juice with no sugar added

## **MISC.**

Pureed foods, such as sweet potato, pumpkin and applesauce  
Low-fat dry or shelf-stable milk  
Nut butters, including peanut, almond, walnut