

2027



Crisis Control
MINISTRY

HEALTHY FOODS DONATIONS LIST

FRUIT



Fresh Fruit
Canned Fruit*
100% Fruit Juice

**with 0g of added sugar or less than
12g of total sugar*

VEGETABLES



Fresh Vegetables
Canned Vegetables*
100% Vegetable Juice

**less than 230mg of sodium and less than
0g of added sugar*

WHOLE GRAINS



Brown Rice
Oatmeal
Bread, Tortillas, and Pasta*

**100% Whole Wheat or Whole Grain*

DAIRY



Low-fat or Non-fat Milk*
Low-fat or Non-fat Yogurt**

**fresh and shelf stable
**0g of added sugar or less than
12g of total sugar*

PROTEIN



Canned* and Dried Beans
Peanut/Nut Butter**
Canned Tuna and Chicken

**less than 230mg of sodium
**less than 5g of saturated fat*

OTHER FOODS



Canned Soup and Broth*
Spices and Dried Herbs

**less than 480mg of sodium and less
than 3g of saturated fat*