



Suggestions for “Nutrition Drive” Donations

Food Group	Examples of Nutritious Non-Perishable Foods
Fruits	Dried fruit, canned fruit (in its own juice), canned, boxed or bottled 100% fruit juice, applesauce
Vegetables	Canned corn, canned tomato or vegetable juice, canned green beans, canned carrots, spaghetti or pizza sauce
Grains	Low sugar whole grain breakfast cereal, packaged dry pasta, whole grain crackers, brown rice, oatmeal, whole wheat couscous, quinoa
Dairy	Nonfat dried milk powder, canned pudding (made with nonfat milk), low fat milk in aseptic packaging soy or rice milk in aseptic packaging, dried grated parmesan cheese
Protein	Canned meats such as chicken, tuna, salmon, sardines; canned or dried beans, peanut butter, packaged nuts, canned soups, stews and chili

Adapted from: Evers, Connie Liakos. How to Teach Nutrition to Kids. 24 Carrot Press, 2006. Pg. 136.