

Top Food Pantry Picks To Donate



Eating Healthy In Times of Need

Fruits & Vegetables

- Canned Vegetables with No Added Salt
- Low Sodium (Salt) Pasta Sauce
- 100% Fruit and Vegetable Juices
- Canned Fruits in Own Syrup or Light
- Applesauce with No Sugar Added
- Low or No Sugar Fruit Spreads
- Dried Fruits
- Canned Potatoes
- Salsa

Dairy – Milk, Yogurt, & Cheese

- Shelf-Stable Low Fat Milk or Powdered Milk
- Fat Free Evaporated Milk
- Rice / Almond / Soy Milk
- Low Fat Shelf Stable Cheeses

There has been a 56% increase in food insecurity among New Yorkers since before the recession of 2008.

-US Dept. of Agriculture



BROUGHT TO YOU BY THE:
ULSTER COUNTY DEPARTMENT OF HEALTH
PARTNERS IN PUBLIC HEALTH
HEALTHY WOMEN COUNCIL



Michael P. Hein
Ulster County Executive

Breads, Cereals, Rice, & Pasta

- Plain Oatmeal
- Sugar Free / Whole Grain or Bran Cereals
- Whole Grain Graham Crackers / Animal Crackers
- Whole Grain Pancake Mix
- Dry Whole Grain Noodles or Pasta
- Brown Rice
- Whole Wheat Flour
- Whole Grain Crackers
- Whole Grain Tortilla Wraps

Poultry, Fish, Bean, & Nuts

- Canned Chunk Light Tuna in Water
- Canned Chicken/Turkey
- Canned or Dried Beans
- Bean Soup Mixes
- Low Fat & Low Sodium Canned Soups
- Unsalted Nuts
- Non-hydrogenated Nut and Seed Butters (peanut, almond)

Infant Nutrition

- Breastmilk Storage Bags
- Low Sodium/Low Sugar Baby Food
- Baby Formula**

**See U.S. recall lists before donating formula: <http://www.cpsc.gov>