

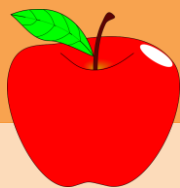
HEALTHY FOOD DONATION LIST



SWAP
SUPPORTING • WELLNESS • AT • PANTRIES

Supporting Wellness at Pantries (SWAP) is a system for ranking foods by nutrition to stock a food pantry with healthier food items. Please help us support the health and well-being of our clients and community by increasing the amount of healthy food you donate. We encourage more frequent donations from retailers, particularly of perishable foods. Please consider giving more of the following foods.

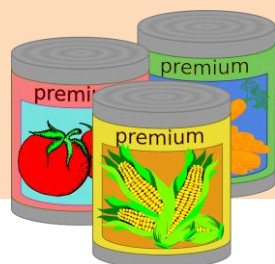
FRUIT



- **Fresh fruit**
- **Canned fruit**, with 0g of added sugar or less than 12g of total sugar
- **100% fruit juice**

VEGETABLES

- **Fresh vegetables**
- **Canned vegetables**, with less than 230mg of sodium and less than 0g of added sugar or less than 12g of total sugar
- **100% vegetable juice**



PROTEIN

- **Canned beans**, low-salt (less than 230mg of sodium)
- **Peanut / nut butter** with less than 5g of saturated fat
- **Dried beans**
- **Canned tuna or chicken in water**



WHOLE GRAINS

- **100% whole wheat or whole grain bread, tortillas, and pasta**
- **Brown rice**
- **Oatmeal**
- **Cereal with first ingredient whole-grain** and with less than 6g of added sugar



DAIRY

- **Low-fat or non-fat milk**, both fresh and shelf stable
- **Low-fat or non-fat yogurt**, with 0g of added sugar or less than 12g of total sugar



OTHER FOODS

- **Canned soup or broth**, low- or no salt-added (less than 480mg of sodium and less than 3g of saturated fat)
- **Spices and dried herbs**



People In Need, Inc.
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This tool was revised in 2020, with funding provided by Healthy Eating Research (HER), a national Program of the Robert Wood Johnson Foundation, to align with the HER Nutrition Guidelines for the Charitable Food System.

Healthy Eating Research

Connecticut Foodshare
Institute for Hunger Research & Solutions