

# Healthy Food Drive DONATIONS

Feeding America's 2014 Hunger in America study found that **79% of clients purchase inexpensive, unhealthy foods just to make ends meet**. However, clients report that they are looking to access healthier foods for their diets. Below is our list of suggestions for healthy food drive donations:

## Non-Perishable Goods:

Canned Beans/Dried Beans  
Peanut Butter or Other Nut Butters  
Rolled Oats  
Canned Fruit in Natural Juice (Not in Light or Heavy Syrup)  
Canned Vegetables (Low-Sodium)  
Low-Sodium Soups  
Canned Tuna/Chicken  
Brown Rice/Instant Brown Rice  
Quinoa  
Nuts/Seeds/Dried Fruits  
Shelf Stable Milk and Milk Substitutes  
Whole Grain Pasta  
Low-Sodium Pasta Sauce  
Popcorn Kernels (Not Microwave Popcorn)  
Canned Stews (Low-Sodium)  
Whole Grain, Low-Sugar Cold Cereals  
Olive or Canola Oil  
Canned Tomatoes (Low or No Salt)

## Baby Essentials:

Baby Formulas (Unopened and Not Past Expiration Date)  
Diapers  
Baby Wash  
Baby Oil/ Lotion  
Diaper Rash Ointment

## Household Items:

Laundry Detergent  
Dish Detergent  
Cleaning Sprays  
Disinfectant Wipes/Sprays  
Sanitizer Gloves/Masks  
Paper Towels  
Toilet Paper

## Toiletries & Personal Hygiene:

Toothpaste /Toothbrush  
Mouthwash  
Soaps/Body Washes  
Deodorant  
Hand and Body Lotion  
Shampoo/Conditioner  
Razors/Shaving Cream  
Feminine items  
Washcloths/Bath Towels

## Pet Supplies:

Cat Food - Wet and Dry  
Dog Food- Wet and Dry



[www.islandharvest.org](http://www.islandharvest.org)

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