



SUGGESTED DONATIONS FOR SHEBOYGAN COUNTY FOOD PANTRIES

Many families rely on pantries to meet their household food needs. Some of these families are experiencing the same health issues that challenge many of us. It is important to consider the nutritional value of the food we choose to donate. Make some of your food donation selections whole grain, low sodium and low fat products. Donations should be non-perishable (not requiring refrigeration) and not at-or-near their expiration date. Food in unbreakable containers provide for a safe transfer to-and-from the pantry. Here are some suggestions for needed food and non-food donations.

Thank you for your generosity!

NON-PERISHABLE FOOD DONATION SUGGESTIONS

Breakfast	Lunch	Dinner
Cereal - Low Sugar, Whole Grain Cereal Bowls – Low Sugar	Canned Meat - Chicken, Beef, Ham, Tuna, Salmon	Canned Meat - Chicken, Beef, Ham, Tuna, Salmon
Oatmeal & Other Hot Cereals – Instant	Soup – Canned, Dry, Low Sodium	Taco Kits - Complete Meal Kits
Pancake Mixes - Whole Grain, Needing Water Only	Meals in a Can - Stew, Chili, Low Sodium	Rice - Brown, Whole Grain
Muffin Mixes	Fruit Cups - Lite, No syrup	Pasta - Whole Grain
Breakfast Bars/Granola Bars without peanuts	Cheese & Cracker Packets	Tortillas - Corn, Whole Wheat
Peanut Butter	Peanut Butter	Pasta Sauces
Jams & Jellies - Low Sugar	Jams & Jellies, Low Sugar	Pasta Side Dishes
Unsweetened Applesauce	Whole Grain Crackers	Canned Vegetables - Low Sodium
Canned Fruit - Packed in Juice or Lite	100% Fruit Juice Boxes	Canned Tomato Sauce & Paste
	Accompaniments	
Pancake Syrup	100% Fruit Juices - Plastic Bottles, Cans, Boxes	Oils - Canola, Vegetable, Olive
Honey	Vegetable Juices - Low Sodium	Condiments – Catsup, Mustard, BBQ Sauce
Coffee & Tea	Salad Dressings - Plastic Bottles	Spices
Shelf Stable Milk - Powdered, Evaporated	Mayonnaise - Lite, Olive Oil	Biscuit or Jiffy Mix
Graham Crackers	Raisins	100% Fruit Rolls
Granola	Pretzels	Lite Microwave Popcorn

Non-perishable, single serving or small amount servings for children.

NON-FOOD ITEM DONATION SUGGESTIONS

Toothbrushes, Toothpaste, Floss, Mouthwash	Shampoo, Conditioner, Combs, Hairbrushes	Feminine Products – Pads and Tampons	Baby Products – Shampoo, Lotions, Soap, Diapers (Disposable), Wipes
Laundry Soap & Dish Soap	Household Cleaning Products	Toilet Paper & Facial Tissue	Soap, Body Wash & Deodorant
Shaving Cream, Sunscreen	Band-Aids	Paper Toweling	An All Purpose Cleaner



CONSIDER DONATING A MEAL FOR A FAMILY OF FOUR!

Here are a few examples:

Breakfast:	Oatmeal with Raisins Plastic Bottle of 100% Fruit Juice Evaporated Milk Plastic Jar of Applesauce Coffee or Tea	Box of Pancake Mix Bottle of Pancake Syrup Plastic Bottle of 100% Fruit Juice Package of Dried Fruit Coffee or Tea	Box of Whole Grain Cereal Powdered Milk Plastic Bottle of 100% Fruit Juice Honey Coffee or Tea
Lunch:	Peanut Butter & Jelly Graham Crackers Unsweetened Applesauce Juice Boxes	Can of Tuna Light Mayonnaise Whole Grain Crackers Fruit Cup	Canned Complete Meal Cheese & Cracker Packages Raisins Juice boxes
Dinner:	Taco Kit Can of Black Beans Salsa Can of Fruit - Lite Syrup Add a Beverage	Canned Ham Potato Side Dish Green Beans – Low Sodium Pudding Add a Beverage	Whole grain spaghetti Pasta Sauce with Meat Can of Fruit in Light Syrup Box of pudding Add a beverage

Consider adding a snack or other accompaniment to your donation.

This list is made available through the collaboration of efforts with the Sheboygan County Food Bank, the pantries and the United Way of Sheboygan County.

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