



Help Nourish Berrien County Families

The Nutrition Exchange of Southwest Michigan partners with local nutrition partners to ensure every household has access to wholesome, nutrient-dense foods.

When donating, choose items that are shelf-stable, nutritious, and versatile — foods low in added sugar, salt, and saturated fat, and rich in protein, fiber, and essential nutrients.

Your healthy donations help neighbors manage conditions like diabetes and high blood pressure while promoting dignity and wellness for all.

Essential Foods for a Healthier Community

Non-Perishable Proteins

Protein-rich foods build strength and stretch family meals.

- Canned tuna, chicken, or salmon – water-packed, low-sodium (low salt)
- Beans or lentils – dried or no-salt-added canned
- Peanut, almond, or sunflower seed butter – low in added sugar
- Nuts and seeds – unsalted almonds, sunflower seeds, or mixed nuts
- Canned soup, stew, or chili – with vegetables and lean protein; reduced sodium preferred

Fruits & Vegetables

Add color and nutrients to every plate.

- Canned vegetables – low-sodium (low salt)
- Tomato products – diced, crushed, or pureed; no-salt-added
- Pasta sauce – tomato-based, low-sodium, and vegetable-rich
- Canned or dried fruit – packed in juice or water, not syrup
- Unsweetened applesauce cups or fruit bowls

Whole-Grain Staples

Whole grains provide lasting energy and fiber.

- Brown rice or quinoa
- Whole-wheat pasta
- Whole grain crackers – low-sodium options pair well with canned protein
- Old-fashioned or instant oats – plain or lightly sweetened; avoid flavored packets

Cooking Basics & Flavor Boosters

Healthy meals start with essentials and flavor.

- Olive, canola, or vegetable oil
- Dried herbs and spices
- Vinegar for dressings and marinades

Kid-Friendly Staples

Nutritious, easy options for families with children.

- Shelf-stable milk or fortified non-dairy alternatives
- Whole-grain crackers, granola bars, or snack-size nut mixes
- Baby food or formula (check expiration dates)

Personal-Care & Household Items

When space allows, non-food donations are also appreciated.

- Toothpaste, deodorant, feminine hygiene products
- Toilet paper and paper towels
- Small bottles of detergent or dish soap

Skip These

Expired, opened, or dented items • Homemade food • Highly perishable goods • Oversized commercial cans

**Together, we can build a healthier,
stronger community.**

Thank you for choosing foods that fuel health and dignity for all

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