



BERRIEN
COMMUNITY FOUNDATION
For Good. For Ever.™

Essential Foods for a Healthier Community

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

Non-Perishable Proteins

- Canned tuna, chicken or salmon
- Beans or lentils – canned/dried
- Peanut, almond or sunflower seed butter
- Nuts and seeds – unsalted almonds, sunflower seeds or mixed nuts
- Canned soup, stew or chili – with vegetables and lean protein

Whole-Grain Staples

- Brown rice or quinoa
- Whole-wheat pasta
- Whole grain crackers
- Old-fashioned or instant oats – plain or lightly sweetened; avoid flavored packets

Fruits & Vegetables

- Canned vegetables
- Tomato products – diced, crushed or pureed
- Pasta sauce – tomato-based and vegetable-rich
- Canned or dried fruit
- Unsweetened applesauce cups or fruit bowls

Cooking Basics & Flavor Boosters

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

Kid-Friendly Staples

- Shelf-stable milk or fortified non-dairy alternatives
- Whole-grain crackers, granola bars or snack-size nut mixes

**Local Food.
Better Health.
Connected
Communities.**

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