Healthy food for those in need

Shopping suggestions:

Examples of non-perishable foods:

- Grains such as brown or parboiled rice, crackers or pasta (preferably whole grain) including macaroni and cheese, spaghetti and noodles
- Beans or legumes (canned or dried)
- Canned luncheon meats, such as SPAM™ or stew (low sodium, if possible)
- Tuna or other seafood products (in water)
- Canned vegetables, such as green beans, peas, tomatoes, corn, carrots or mixed vegetables (low sodium, if possible)
- Canned fruits (in water or their own juice)
- Canned soups, including chicken noodle, potato, tomato, vegetable or cream of mushroom (low sodium, if possible)
- Tomato sauce or pasta sauce
- Healthful cereals (low sugar and whole grain, if possible)
- Oatmeal (non-instant)
- Peanut butter (plain, no added jellies or jams)
- Non-fat dry milk
- Fruit juices (100 percent juice with no added sugar)
- Nuts, such as pecans, almonds and peanuts

Foods to avoid:

- Dry (instant) soups or “Cup of Noodles” soups
- Perishable items (foods that need refrigeration), fresh fruits and vegetables, breads and pastries
- Food close to the expiration date and expired foods
- Open or used food items
- Home-canned or homemade foods
- Rusty, dented or unlabeled canned foods
- Foods in glass jars
- Sodas, alcoholic beverages and drink mixes

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