



Island Harvest
A FOOD BANK FOR LONG ISLAND

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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 we have a list of suggestions for healthy food drive donations:

Canned Beans

Dried Beans

**Peanut Butter or
Other Nut Butters**

Rolled Oats

Canned Fruit in Juice
(Not in Light or Heavy Syrup)

Canned Vegetables
(Low-Sodium)

Low-Sodium Soups

Canned Tuna

Canned Chicken

Brown Rice

Instant Brown Rice

Quinoa

Nuts • Seeds

**Shelf Stable Milk
and Milk Substitutes**

Whole Grain Pasta

**Low-Sodium
Pasta Sauce**

Popcorn Kernels

(Not Microwave Popcorn)

Canned Stews

**Whole Grain,
Low-Sugar
Cold Cereals**

Olive or Canola Oil

Canned Tomatoes

Dried Fruits

**Non foods such as soap,
detergent and other
cleaning items
are welcome since
SNAP dollars cannot
be used for these
non-food purchases.**

