

United Way of Central Maryland's

ACCESS TO HEALTHY FOOD INITIATIVE



Fruits and vegetables:

- Low- or no-sodium canned vegetables
- Sugar-free dried or canned fruit
- Sugar-free applesauce
- No-sugar-added fruit cups
- Low- or no-sodium canned or dried beans and peas

Grains:

- Plain or low-sugar oatmeal, grits or Cream of Wheat
- Low-fat granola bars
- Whole grain pasta
- Low-salt pretzels
- Brown or wild rice
- Quinoa or couscous
- Whole grain/bran cereals
- Whole wheat fig bars
- Whole grain rice cakes
- Reduced-fat whole wheat or multi-grain crackers

Dairy:

- Low-fat powdered milk
- Low-fat, calcium-fortified and shelf-stable regular, soy, almond or rice milk
- Fat-free pudding cups

Proteins:

- Low-sodium canned chicken, tuna and other seafood in water
- Low-sodium beef stew, chili or bean soup
- Low- or no-sodium peanut butter
- Unsalted nuts and seeds

Other:

- Bottled water
- Low-sodium, shelf-stable pasta sauces
- Low-sodium broth
- 100% fruit or low-sodium vegetable juice
- Olive, canola or sesame oil

Donations Not of Use

- Damaged, already opened or used items
- Glass jars
- Rusty or unmarked cans
- Homemade items
- Expired items
- Soda or sweetened drinks
- Sweets: cookie, cakes or candy
- Ramen Noodles
- Any food you would not eat

**Give food you would serve to your family.
Give to the best of your ability.**