

# Food Bank Favorites



## Cooking Oil

Vegetable-based oils are great for cooking and baking, and are also a good source of unsaturated fat.

- Vegetable oil
- Olive oil
- Canola oil
- Coconut oil

Look for containers 48oz or smaller.

# Food Bank Favorites



## Kid-Friendly Items

These items go in our Power Pack bags for schools.

- Granola bars
  - Look for low-sugar options
- Juice
  - Look for 100% juice, no sugar added
- Applesauce cups
- Mac and Cheese
- Canned soup and veggies
- Instant oatmeal

# Food Bank Favorites

## Canned Soup, Chilli, and Instant Noodles

These are great ready-to-eat options for our participants who may not have access to kitchen facilities.

- Look for low-sodium options



# Food Bank Favorites

## Protein

These sources of protein are great for our participants who may not have access to kitchen facilities.

- Beef jerky
- Canned tuna, salmon, or sardines
- Trail mix





# Food Bank Favorites

## Peanut Butter and Nuts

These are a great ready-to-eat source of protein, unsaturated fats, and fiber.

- Look for peanut butter in plastic jars with oil mixed in



# Food Bank Favorites

## Specialty Items

These are popular pantry requests.

- All-purpose flour
  - Look for 5lb bags
- Sugar
  - Granulated sugar
- Jam & Honey
- Non-dairy milk
- Dried fruit



# Food Bank Favorites

## Coffee and Tea

### Coffee

- Ground
- Instant

### Tea

- Black
- Green



# Food Bank Favorites

## Beverages

Beverages are highly requested, and go in our emergency food bags.

- Sparkling water
- Gatorade
- Caffeinated beverages





# Food Bank Favorites

## Fresh Produce

These are an excellent source of nutrients, including antioxidants, fiber, and calcium.

- Dark leafy greens
- Broccoli & asparagus
- Peppers
- Avocados



# Food Bank Favorites

## Spices

Spices are an excellent pantry staple for cooking and flavoring.

- Salt
- Pepper
- Cumin
- Italian herb seasoning
- Chili powder
- Curry powder
- Ginger
- Garlic powder



# Food Bank Favorites

## Protein

- Peanut butter
- Nuts
- Beef Jerky
- Trail mix
- Canned tuna, salmon, or sardines



## Specialty Items

- Coffee
  - Ground and instant
- Tea
  - Black and green
- Sugar
  - Granulated
- Spices
  - Salt, pepper, cumin, garlic, chili powder, ginger, Italian herb
- Condiments
  - Ketchup, mustard, mayonnaise
- Flour
- Jam & Honey
- Cooking and vegetable oil
- Dried fruit



## Kid-Friendly Items

- Granola bars
  - Look for options that are lower in sugar
- Applesauce cups
- Juice boxes
  - Look for 100% juice, no sugar added
- Canned soup and veggies
- Mac and cheese



## Beverages

- Caffeinated beverages
- Water
- Sparkling water
- Gatorade
- Protein drinks
- Non-dairy milk
- Shelf-stable milk

