

PMH COMMUNITY TEACHING KITCHEN FOOD DONATION LIST

SEAFOOD – RAW/FROZEN	VEGETABLES – FRESH/FROZEN/ ANNED (reduced sodium when possible)	FRUITS – FRESH/FROZEN/ ANNED (reduced sodium when possible)	NUTS	CANNED FOODS (No salt, or low salt options preferred, 15 oz.)	BOXED	DRY GOODS/STAPLES
<p>Salmon/boneless skinless (canned), 14.5 oz.</p> <p>Tuna (canned in water), 5 oz.</p>	<p>Artichokes</p> <p>Carrots</p> <p>Corn</p> <p>Green beans</p> <p>Potatoes</p> <p>Pumpkin</p> <p>Tomatoes</p> <p>Yams</p>	<p>Peaches</p> <p>Pears</p> <p>Pineapple</p> <p>Oranges</p> <p>100% fruit juice single serving containers, variety, 16 oz. or smaller</p>	<p>Toasted or raw nuts, preferably low sodium:</p> <p>Almonds</p> <p>Walnuts</p> <p>Sunflower seeds</p> <p>Natural peanut butter (no sugar), 16 oz. jar</p>	<p>Black Beans</p> <p>Black eyed peas</p> <p>Garbanzo Beans</p> <p>Kidney Beans</p> <p>Navy Beans</p> <p>Pinto Beans</p> <p>White Beans</p>	<p>Low sodium broth, 32 oz.:</p> <p>Beef</p> <p>Chicken</p> <p>Vegetable</p>	<p>Apple cider vinegar, 16 oz.</p> <p>Balsamic vinegar, 16 oz.</p> <p>Red wine vinegar, 16 oz.</p> <p>White wine vinegar, 16 oz.</p> <p>Breakfast cereals (whole grain and low sugar options): Cheerios, Fiber One, Grape Nuts, Kashi, Kix, Rice Chex Special K</p> <p>Dried beans, 16 oz: black beans, black eyed peas, kidney beans, lentil beans, navy beans, pinto beans, white beans</p> <p>Barley 16 oz.</p> <p>Brown rice 16 oz.</p> <p>Cous Cous 16 oz.</p> <p>Polenta 16 oz.</p> <p>Quinoa 16 oz.</p> <p>Brown sugar</p> <p>Honey</p> <p>Oatmeal</p> <p>Flour, 2 lbs.</p> <p>Canola Oil, 48 oz.</p> <p>Mayonnaise (low fat)</p> <p>Cooking/Pan spray</p> <p>Olive oil, 25 oz.</p> <p>Spices, 1.5 oz, variety</p> <p>Whole grain breads</p> <p>Whole wheat pasta, 16 oz. or 13.5 oz box: fettuccine, lasagna, linguini, rotini, shells, spaghetti</p> <p>Whole wheat tortillas</p>