

Dear Community Partners,

(Name of food pantry) is dedicated to reducing hunger throughout the L(name of county/state) by providing resources to low- and moderate-income individuals through food pantry distributions.

(Name of food pantry) understands that a food insecure household has limited or uncertain access to nutrient dense foods. The continuous intake of foods with high levels of saturated fats, sodium, and added sugars may increase the risk of chronic disease. Through the changes we are implementing to our food donation requests, we aim to improve the health and well-being of our guests, but we cannot do it without your help!

As of February 1, 2024, (Name of food pantry) is committed to supporting the health of our guests by prioritizing the distribution of USDA’s MyPlate recommendation of nutrient-dense foods including fruits, vegetables, whole grains, low-fat or no-fat dairy products, a variety of protein foods, foods low in sodium and beverages with no added sugars as outlined below.

Requested Foods to Donate	
Grains:	
<ul style="list-style-type: none">• Whole grain bread (whole wheat flour is the first ingredient)• Whole grain cereal• Whole wheat pasta• Oatmeal	<ul style="list-style-type: none">• Brown or wild rice, quinoa, couscous, barley• Whole wheat crackers• Low sugar granola bars
Fruits and Vegetables:	
<ul style="list-style-type: none">• Low or no sodium canned vegetables• Canned fruits in 100% juice or water• Fresh produce	<ul style="list-style-type: none">• Dried fruit with no added sugars• 100% fruit or vegetable juice
Proteins:	
<ul style="list-style-type: none">• Low sodium canned meats and seafood such as chicken, tuna, salmon in water• Low sodium canned beans• Dried beans, peas, and lentils	<ul style="list-style-type: none">• Unsalted nuts and seeds• Low sodium nut butters such as peanut butter and almond butter
Dairy:	
<ul style="list-style-type: none">• Low-fat or fat-free dairy products including milks, yogurts, and cheeses	
Pantry Staples:	
<ul style="list-style-type: none">• Bottled water• Olive oil or canola oil	<ul style="list-style-type: none">• Low sodium chicken, beef, or vegetable broth• Dried herbs and spices

We thank you for keeping the wellness of our guests in mind and helping us move towards a healthier community!

Sincere regards,
(Name of food pantry)