



FOOD DRIVE

guide

PROTEINS:

- Canned meat (tuna, salmon, & chicken)
- Dried beans, lentils or peas
- Canned low sodium beans
- Canned chili
- Peanut butter and other nut butters
- Nuts and seeds (unsalted)
- Canned low sodium soups/stews

GRAINS:

- Low-sugar/high-fiber cereal (Kashi GoLean, Kellogg's Special K Protein Cereal, Barabara's Puffin's Original)
- Oatmeal (old fashioned rolled oats or no added sugar instant oatmeal)
- Pasta: whole grain, lentil, chickpea
- Brown rice
- Whole grain crackers
- Whole wheat flour
- Whole wheat tortillas, corn tortillas
- Granola Bars (low sugar- KIND Bars, Nature Valley Simple Nut Bar, Nature Valley Protein Bars)

FRUITS AND VEGETABLES:

- Shelf-stable vegetable juice (low sodium)
- Diced tomatoes (low sodium)
- Tomato sauce (low sodium)
- Spaghetti sauce (low sodium)
- Dried fruits (no sugar added)
- Canned fruits (in 100% fruit juice)
- Canned vegetables (No salt or low sodium)

MILK:

- Shelf-stable milk
- Evaporated milk
- Dry milk
- Shelf-stable unsweetened almond milk

OILS, HERBS, & SPICES

- Olive oil
- Coconut oil
- Salt free seasoning
- Spices (black pepper, cayenne pepper, etc)
- Dried herbs (rosemary, basil, oregano, etc)
- Cooking spray

Tips for Giving Better

- No glass.
- Avoid jumbo-sized products.
- Check the expiration date and do not donate expired items.
- If possible, call your local food bank and ask if there are specific items they need.

Eat Fit items meet nutritional criteria designated by Ochsner Health System. Download the Eat Fit app for full nutrition facts, recipes, events, and to find an Ochsner Health practitioner near you. Visit www.OchsnerEatFit.com to learn more.



FOOD DRIVE

guide

PROTEINS



shelf stable, evaporated, or dry milk



nut butters



low sodium canned beans, fish, or meat

FRUITS + VEGETABLES



canned fruit in 100% juice



low sodium tomato sauce



low sodium canned vegetables



fresh produce (if accepted at your food bank)

GRAINS



whole grain, lentil, or chickpea pasta



dry, whole grains like oats or brown rice

OTHER ITEMS



salt-free herbs and spices



olive oil



100% whole wheat tortillas



low sugar, high fiber cereal



hygiene items (toothpaste, shampoo, conditioner)

Tips for Giving Better

- No glass.
- Avoid jumbo-sized products.
- Check the expiration date and do not donate expired items.
- If possible, call your local food bank and ask if there are specific items they need.

Eat Fit items meet nutritional criteria designated by Ochsner Health System. Download the Eat Fit app for full nutrition facts, recipes, events, and to find an Ochsner Health practitioner near you. Visit www.OchsnerEatFit.com to learn more.