Yellowjacket Emergency Pantry

Best non-perishables for donation
THINK: Shelf-stable, nutrient-dense foods

Proteins

- Canned beans
- Canned chicken
- Canned stews
- Canned tuna in water
- Chicken, beef and vegetable broths and stock
- Dry beans
- Jerky
- Nuts, unsalted
- Peanut butter, or other nut butters
- Seeds, unsalted

Fruit and vegetables

- Canned fruit in juice, not in light or heavy syrup
- Canned tomatoes
- Canned vegetables, with no or low-sodium
- Dried fruits, no sugar added
- Low-sodium pasta sauce
- Low-sodium soups
- Unsweetened apple sauce
- Whole grain, low-sugar cold cereals

Grains

- Brown rice
- Popcorn kernels (not microwave popcorn)
- Quinoa
- Rolled oats
- Whole grain pasta

Other

- Honey
- Olive or canola oil
- Shelf stable milk and milk substitutes e.g. almond

Additional tips:

- Avoid foods packaged in glass
- Canned goods with pop-top lids are better than canned goods that require a can opener
- Do not donate foods that are past the expiration date