

Take Action Inc.

Food Donation Recommendations

The following items are especially helpful when planning nutritious meals that can be easily accessed by little hands. Please consider these items when planning your donation.

- Peanut Butter (small plastic jars)
- Jelly or Honey (small plastic jars)
- Instant Oatmeal Packets
- Breakfast Bars
- Boxed Milk (non-perishable, individual sized boxes)
- Canned Chicken or Tuna
- Boxes of Chicken or Tuna Helper
- Small Jars of Mayonnaise (plastic, if possible)
- Canned Soups
- Canned Stew (smaller sizes)
- Canned Meals – (Chef Boyardee spaghetti or ravioli)
- Macaroni and Cheese (individual cups, or small boxes)
- Canned Beans – (all types: kidney, garbanzo, black, pinto, etc.)
- Rice (1 lb. bags)
- Canned Tomatoes
- Dry Pasta
- Cans of Pasta Sauce (smaller sizes – NO glass jars)
- Canned Vegetables
- Canned Fruit
- Applesauce Cups and Individual Fruit Cups
- Nuts and Raisins
- Other Healthy Snacks

