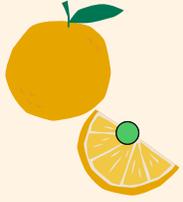


# NH Food Bank: Most Needed Items



## Fruits

Provide a variety of color for a variety of nutrients!

- Canned tropical fruits (oranges, grapefruits, pineapples, mangoes, etc.)
- Canned apples, canned pears
- Canned stone fruits (apricots, peaches, cherries)
- Apple sauce

**Fruits should be canned in water, light syrup or 100% fruit juice**



## Vegetables

Vegetables are high in fiber and nutrients and low in calories

- Canned red/orange: peppers, carrots, beets, tomatoes, pumpkin
- Canned mushrooms
- Green: Canned asparagus, green beans, peas, artichokes, spinach
- Starchy: canned corn, potatoes



## Protein

Lean animal protein or plant protein

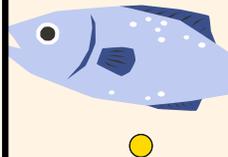
- Dried or canned beans (chickpeas, black beans, kidney beans, etc.)
- Dried or canned lentils
- Canned tuna or other canned fish
- Canned chicken
- Peanut and other nut butters
- Mixed nuts



## Whole Grains

First ingredient: Whole Grains

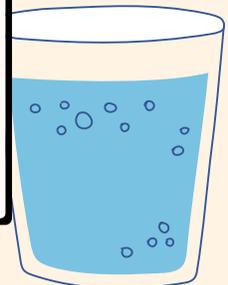
- Brown or wild rice
- Quinoa
- Barley or farro
- Rolled oats
- Whole wheat pasta, crackers, oatmeal



## Other

Low or no sodium or added sugars

- Soup or broths (low sodium)
- Herbs and spices
- Sparkling water or seltzer
- Shelf-stable milk OR shelf-stable non-dairy milk
- 100% fruit juice



Please note, we ask that food donations be non-perishable and non-glass.