

Suggested Non-Perishable Food Donations for Seniors

Fruits

Canned mixed fruit
(packed in light syrup)
Canned pineapple
(packed in light syrup)
Canned peaches and pears
(packed in light syrup)
Individual servings of fruit or applesauce
100% fruit juices
(apple, grape, cranberry)
Raisins
Prunes
Dried mixed fruits
Fig bars
Applesauce

Vegetables

Mixed vegetables (low-sodium)
Chickpeas
Black beans
Baked beans
Canned or stewed tomatoes
Jarred salsa
Canned beets

Protein (Meat/Fish)

Canned tuna (packed in water)
Canned salmon (packed in water)
Canned mackerel (packed in water)
Canned chicken
Canned beef

Protein (Other)

Peanut butter
Ensure® nutrition shakes
Ensure® protein bars
Trail mix

Soups

Low-sodium soups

Whole Grains

Brown rice
Instant oatmeal
(low-sodium or heart-healthy)
Cream of Wheat®
Whole grain/wheat pasta
Dry cereals (Cheerios®, Shredded Wheat®)
Crackers
Muffin and bread mixes

Dairy

Evaporated milk
Nonfat dry milk
Nondairy creamer



Note: Seniors, their families, or their caregivers should consult a doctor about the senior's nutritional requirements.



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