

As you're heading to the grocery store to purchase items to donate to the ASI Food Pantry, consider bulking up your shopping list with some of these non-perishable wish list items. They're the items our students can really put to good use.

### **1. Applesauce**

Plastic jars of unsweetened applesauce provide a quick snack, fiber and vitamin C. Applesauce also keeps well on food bank shelves.

### **2. Canned Beans**

Loaded with protein and fiber, canned beans provide an excellent, nutritious way to fill a hungry tummy. Opt for the low-sodium varieties whenever possible.

### **3. Canned Chicken**

It's simple to toss this non-perishable item into soups and casseroles or add it to a sandwich or cracker. Its versatility and high protein content make it a popular item at food banks.

### **4. Canned Fish (Tuna and Salmon)**

Canned fish has vitamins, omega-3 fatty acids and protein, and it makes for a quick and easy meal. Food banks are most in need of canned tuna and salmon.

### **5. Canned Meat (SPAM and Ham)**

Grab some SPAM or canned ham and drop it into a food donation bin. It's shelf-stable, doesn't require much prep or equipment to eat, and delivers a quick hit of protein to keep individuals feeling full for longer.

### **6. Canned Vegetables**

Colorful, nutrient-dense and fiber-rich vegetables are always in high demand, and canned varieties last the longest on a food bank's shelves.

### **7. Cooking Oils (Olive and Canola)**

Food banks rely heavily on these essential and pricier items being donated. Canola and olive oils are the best choices because of their monounsaturated fats and mild flavor.

### **8. Crackers**

Perfect as a snack or as a base for canned meats, crackers are shelf-stable and portable, making them ideal for snacks and lunches.

## **9. Dried Herbs and Spices**

It's hard to cook a tasty meal without herbs and spices, so drop some in your cart to donate. Stick to the basics, like oregano, basil, cumin, pepper, rosemary, thyme, and cinnamon; or seasoning blends.

## **10. Fruit (Canned or Dried)**

Fruit, whether dried, canned or in plastic cups, makes excellent snacks. Choose those that are packed in water or fruit juice rather than sugary syrups.

## **11. Granola Bars**

Quick and easy items that students can toss into lunches or eat on the go are always in demand, and granola bars are just the thing. Look for ones with less sugar made with oats or other whole grains.

## **12. Instant Mashed Potatoes**

Instant potatoes last longer and require minimal tools and ingredients to whip up. They're also a favorite of every age group, making them a popular item.

## **13. Meals in a Box**

An entire meal that's shelf-stable and in one package—dinner doesn't get easier than that, which is plus for those without stocked kitchens. Look for pasta, rice and soup kits, especially those that are lower in sodium and higher in fiber and protein.

## **14. Nuts**

A handful of nuts provides protein and nutrients in a hurry and is perfect for snacks and lunches.

## **15. Pasta**

This is a food bank staple since it's easy to turn into a meal. Whole grain varieties offer more fiber and nutrition than white pasta.

## **16. Peanut Butter**

It's high in protein, making peanut butter one of the most popular items. Look for varieties that are lower in sugar.

## **17. Rice**

It's filling, versatile and easy to prepare and store. Quinoa is also a great item to donate.

### **18. Shelf-stable and Powdered Milk**

Because no fridge is required to keep this milk fresh, it's accessible for everyone. Plus, it provides much-needed calcium and protein.

### **19. Soup, Stew and Chili**

These canned or packaged items acts as a warm and filling lunch or dinner and often come complete with protein (meat) and veggies.

### **20. Whole Grain Cereal**

Here's another popular item with all ages, since whole grain cereal makes a healthy breakfast or snack.

### **And those to skip?**

When purchasing items, try to avoid:

- junk food
- Instant Ramen packets and bowls
- items with glass or cellophane packaging, which can be broken in transit

Now all that's left to do is shop, donate and feel good knowing you've helped stock provide a student with nutritious and filling groceries.

Stingers up!