



UNITED

WE

CAN

BEST FOODS TO DONATE

Fruits

- Canned fruit (in juice or water)
- Dried fruit (raisins, Craisins, etc.)
- Applesauce (unsweetened)

Vegetables

- Canned vegetables (low or no sodium) such as:
 - Carrots
 - Mixed vegetables
 - Mushrooms

Grains

- Whole-grain, low-sugar breakfast cereals
- Oatmeal
- Whole-grain crackers
- Healthy granola bars

Protein

- Canned or pouched meat & fish in water (chicken, tuna, etc.)
- Nuts & Seeds (sunflower, pumpkin)
- Peanut butter

Dairy

- Monetary donations can help pantries purchase items requiring temperature control such as milk, yogurt, etc.

Other items

- Spices (cinnamon, garlic, rosemary, thyme, basil, paprika, etc.)
- Condiments & sauces or dressings (low-sodium, low-sugar and low-fat)

Your donation to the Marathon County Hunger Coalition will be distributed to area food pantries.



Marathon County
**Hunger
Coalition**
an initiative of United Way

