



# Shopping List

The following is a list of our most needed food drive items:

- Canned Fruit & Vegetables
- Canned Meats and Fish
- Peanut Butter
- Pasta
- Beans
- Rice
- Canned Soup (low-salt)
- Low-sugar Cereal and Oatmeal
- Tomato Sauce
- Powdered Milk



ALAMEDA COUNTY  
COMMUNITY  
FOOD BANK

## More Food Bank Shopping Tips

FCCB member **Mary Fujii** is a retired public health nutritionist. During her 23 years in Contra Costa County, she worked closely with the county food bank, soup kitchens and pantries to improve the nutrition and food safety of the food they offered.

She adds this advice as you shop for the list on the previous page:

1. Choose canned fruit in light syrup or fruit juice for better nutrition.
2. Donate peanut butter in un-breakable plastic jars. Look for peanut butter with a short list of ingredients, for example "peanuts and salt" (without added fat and sugars.)
3. Donate low fat or non fat canned milk. This canned milk is called "evaporated milk" and can be found in the same aisle in the grocery store as flour, sugar and baking powder.
4. Breakfast cereal is a good thing to donate; look for "WIC Cereal" on the shelf tag to find cereals low in sugar and high in nutrition. (WIC is a nutrition program for women, infants and children.)
5. For low fat protein and fiber, canned or dried beans are a good choice. Choose reduced salt canned beans to promote better health. Choose smaller sized dried beans like split peas or navy beans, because they don't take as long to cook as the larger beans.