

Acceptable Food Donations

Produce: no onion

- Apples
- Carrots
- Sweet Potatoes
- Celery
- Cucumber
- Zucchini
- Broccoli
- Cauliflower
- Green beans
- Red and green bell peppers
- Tomatoes
- Oranges
- Corn on the cob
- Any type of berry
- Watermelon
- Cantaloupe
- Pears
- Plums
- Grapes
- Banana
- Avocado
- Squash
- Pumpkins
- Peaches

Greens:

- Romaine
- Collards
- Spinach
- Spring mix
- Dandelion greens
- Red and green leaf lettuce
- Kale
- Turnip greens

Meat/fish: unseasoned; can be frozen, whole or ground

- Beef
- Venison
- Chicken
- Pork
- Moose
- Beaver
- Trout
- Salmon
- Nightcrawlers

Novel Food Items:

- Peanut butter
- Chicken or beef baby food
- Cottage cheese
- Boxed jello
- Unsweetened applesauce
- Honey
- Eggs
- Bakery items
- Cereals
- Raisins
- Unsalted peanuts
- Twizzlers