



## Most Needed Items

The USDA Dietary Guidelines for Americans recommends that adults and children regularly consume foods that are high in fiber, vitamins and minerals while low in calories, salt, fat and sugar. For optimal health, everyone should aim for a diet comprised of 50% fruits and vegetables. Consider making a food donation that resembles USDA's MyPlate. You can help to not just feed but *nourish* Idaho's hungry!

### Fruits and Vegetables

Canned vegetables  
Fruits canned in juice or extra light syrup  
100% fruit and/or vegetable juices  
Tomato products and pasta sauces  
(reduced sodium is best!)

### Grains

Whole grain pasta  
Regular or instant brown rice  
Plain oats/oatmeal  
Whole grain cereals with low sugar

### Pantry Staples

Canola or other cooking oils  
Whole wheat or all-purpose flour  
Baking powder and baking soda  
Dried herbs and spices  
Sugar

### Proteins

Canned or dried beans and peas  
Unsalted nuts  
Canned meats and fish (low sodium)  
Canned meals (soup, stew, chili, etc.)  
Peanut or other nut butters  
(all natural with no trans-fat is best)

### Dairy

Non-fat or low-fat milk  
Milk alternatives (rice, soy, almond)  
These items must be boxed, canned, or dehydrated so they are shelf-stable.

### Personal Care Items

Toilet paper  
Diapers  
Toothpaste and toothbrushes  
Soap and shampoo  
Deodorant

**Perishable items are welcome if they are delivered directly to The Idaho Foodbank or your nearest food pantry. To locate your nearest pantry call us at 208-336-9643.**

**Please do not put perishable items in food barrels!**