

Why Donate Healthy Food?



- 1) Healthy food donations allow our pantries to put funding into programs that address root issues of poverty – financial classes, job readiness programs, nutrition and cooking classes, community gardens, and more
- 2) Donations of store, farm, & market-bought food ensures that pantry goers are getting the best food possible – food you would feed your own family
- 3) Low-income populations have higher rates of diabetes and other diseases related to food. By donating whole and healthy food items, we can directly address health disparities and create good health for all members of our community
- 4) By purchasing at retail sites we are supporting local economy, building jobs, and stimulating our local food system
- 5) By picking out healthy food, your children can learn the importance of giving back and of giving nourishing food that creates good health

Most Needed Food Items

Fruits & Vegetables (no added sugar/sodium)

Bagged/canned Beans & Lentils

Whole grains (rice, quinoa, rolled oats)

Canned meats in water (stew, chicken, salmon)

Whole grain, no sugar cereal

Coconut oil, olive oil, herbs & spices

No salt/sugar veggie, beef, & chicken broths

Non-hydrogenated, sugar free nut butters

No sodium soup

Gluten-free items

Unsalted seeds or nuts

Personal Care Items (shampoo, toothpaste,
deodorant)

Household Items (toilet paper, laundry detergent)

For more info or to learn
about other ways to donate:

@accessofwm

AccessofWestMichigan.org