

MyPlate Food Drive Wishlist

Help us collect non-perishable foods from each food group!

Unsweetened applesauce

Canned fruits packed in 100% juice or water (e.g., peaches, pineapple, pears, fruit cocktail)

Fruits

Raisins and other dried fruit Shelf stable 100% fruit juices

Grains

Whole-wheat flour Whole-grain barley

Bulgur (cracked wheat)

Oatmeal or rolled oats Whole-

grain cornmeal Brown rice

Low-fat popcorn

Whole-wheat pasta

Wild rice

Whole-grain breakfast cereal

Whole-wheat crackers Quinoa

Dairy

Evaporated low-fat or fat-free milk

Powdered low-fat or fat-free milk

Low-fat or fat-free shelf stable milk (also called U.H.T. milk)

Shelf stable calciumfortified soymilk

Vegetables

Shelf stable reduced-sodium 100% vegetable juices (e.g., carrot, tomato)

No-salt-added, low-sodium, or reduced-sodium canned vegetables (e.g., tomatoes, pumpkin, sweet potatoes, corn, green beans)

Vegetable soups

*Beans and peas (such as black eyed peas) belong to both the Vegetable and Protein food groups.

Protein

Canned or dried beans* (e.g., kidney beans, pinto beans, white beans, lentils, chickpeas, black-eved peas)

Canned chicken and seafood (e.g., salmon, tuna, sardines)

Soups with beans or meat (e.g., stews, chili)

Baked beans

Peanut butter

Nuts

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