



## Health Living Food List for Pantry

Help us stock our food pantry!

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### VEGETABLES

Frozen or Canned low sodium, no added salt

- Spinach
- Broccoli
- Tomatoes
- Carrots
- Corn
- Peas/beans (*can be dry*): chickpeas, black beans, navy beans, blackeyes, lentils, green peas/beans, limas

### FRUIT

\*Frozen or canned (natural, no added sugar)

- Strawberries
- Blueberries,
- Raspberries
- Pineapple
- Mandarin oranges
- Applesauce

### JUICE

\*100% juice

- apple
- cranberry
- orange
- grapefruit
- pineapple

### GRAIN

\*Whole grain/wheat

- Oats
- Whole wheat pasta
- Whole wheat crackers

### PROTEIN

- Canned sardines
- Canned tuna
- Canned chicken
- Almonds
- Cashews
- Mixed nuts
- Sunflower seeds
- Almond butter
- Peanut butter

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