

Healthy Food Donation Ideas

Give the gift of health. Donate foods with high nutritional value for those in need.

When giving, please consider these healthier options.

Your donation of healthy foods will help nourish residents in our community.



Vegetables and Fruits

- Canned vegetables (low sodium)
- Canned soup (low sodium)
- Canned fruit (100% juice or light syrup)
- Dried fruit (no added sugar)
- 100% fruit or vegetable juice
- Pasta sauce
- Salsa

Grains

- Whole grains (oatmeal, quinoa, etc.)
- Whole grain cereals (<5g sugar)
- Brown rice
- Hapa rice (half brown, half white rice)
- Whole grain pasta
- Whole grain crackers
- Graham crackers

Proteins

- Canned meat (low sodium, Spam Lite, Turkey Spam)
- Canned tuna, sardines, or chicken (water packed)
- Canned beans (low sodium or no salt added)
- Nuts, seeds, nut butters (non-hydrogenated)
- Dry peas and lentils

Dairy/Milk

- Nonfat powdered milk
- Shelf stable milk with calcium
- Evaporated milk (skim or 1%)

Other suggestions:

- Fresh garden produce – Please first contact your food bank or nearest food pantry.
- Consider donating money. One dollar buys more than 5 pounds of healthy food!
- Single serving foods like fruit cups and 100% fruit juice boxes.

Please be sure the food has not expired and cans are not too dented.

Food banks and food pantries across Hawai'i serve thousands of families, keiki and kupuna each month with emergency food and feeding programs. Thank you for your healthy food donation!

