

Healthy Foods Donation List

TCA Health, Inc. Food Pantry at Peter Rock Church

Donations can be dropped off any day of the week, however it must be coordinated in advance by contacting Shirine Andrews at (773) 995-1968, ext. 226 or at sandrews@tcahealth.org. You may also contact Mariann McGill at (773) 995-6300, ext. 261 or at mmcgill@tcahealth.org. Food is distributed to the community through the pantry every Friday from 10:00 am - 12 noon at Peter Rock Church, 13400 S. Corliss Ave, Chicago.

* = These items are suggested only if safe storage is possible.

Fruits & Vegetables

We accept fruits and vegetables in a variety of colors. Donate fruit canned in its own juice or with "no sugar added," canned vegetables that say "low sodium" or "no salt added," and 100% fruit and vegetable juices.

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|------------------------------|-------------------------|
| Canned fruits or vegetables | Fruit juice (100%) |
| Diced tomatoes | Shelf-stable fruit cups |
| Dried fruit | Spaghetti sauce |
| Fresh fruits or vegetables* | Tomato sauce |
| Frozen fruits or vegetables* | Vegetable juice (100%) |

Grains

Donate whole grains as often as you can. Look for "100% whole grain" on the package, or look for a whole grain as the first ingredient on the ingredient list.

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|------------------------------|------------------------|
| Brown rice or barley | Whole grain crackers |
| Low-sugar, high-fiber cereal | Whole grain pasta |
| Oatmeal | Whole grain tortillas* |
| Quinoa | Whole wheat flour |
| Whole grain breads* | |

Protein

Donate canned beans, seafood, and lean meats as a good source of lean protein. Look for "no salt added," "low-sodium," and those canned in water (instead of oil).

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|---------------------------------|------------------------------------|
| Canned beans | Eggs* |
| Canned chilis and stews | Nuts |
| Dried beans and peas | Peanut butter or other nut butters |
| Canned chicken, tuna, or salmon | |

*Continued on page 2 of 2

Dairy

Donate shelf-stable low-fat (1%) or non-fat dairy products.

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| Boxed shelf-stable milk | Evaporated milk |
| Calcium-fortified milk alternatives such as soy, rice, or almond milks | Low-fat cheese* |
| Dry milk | Low-fat plain yogurt* |

Fats and Oils

Donate shelf-stable healthy fats that are liquid at room temperature.

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|-------------------------|---------------|
| Canola oil | Olive oil |
| Non-stick cooking spray | Vegetable oil |

Spices and Condiments

Donate dry, ground herbs and spices whenever possible. By donating spices, you help enable pantry clients to flavor their food without a lot of added salt.

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|----------------|-------------------|
| Basil | Mustard |
| Bay leaves | Onion powder |
| Black pepper | Oregano |
| Cayenne pepper | Parsley |
| Chili powder | Red pepper flakes |
| Cinnamon | Rosemary |
| Cumin | Salsa (jarred) |
| Curry powder | Thyme |
| Dill | Vanilla extract |
| Garlic powder | |