

# St. Joseph Food Program MyPlate

## PREFERRED FOOD ITEMS

### Fruits

Please donate fruits canned in 100 % juice or 100% fruit juice

- Peaches
- Pears
- Pineapple
- 100% Fruit Juice

### Vegetables

Please donate low sodium, canned vegetables

- Green Beans
- Corn
- Tomatoes
- Spaghetti Sauce
- Peas
- Carrots

### Protein

Please donate lean sources of animal- and plant-based proteins

- Chicken, canned
- Tuna, canned, packed in water
- Peanut Butter
- Beans, dried or canned, low sodium

### Grains

Please donate whole grain foods

- Brown Rice
- Oatmeal
- Cereal (no-added sugar)
- Pasta (multigrain)

### Dairy

Please donate low fat milk or milk alternatives

- Skim or 1% Milk
- Almond Milk
- Soy Milk

### Snacks

Please donate healthy foods for on-the-go

- Granola
- Nuts and Seeds
- Breakfast Bars
- Graham Crackers

### Condiments

Please donate healthy and salt-free flavors

- Salsa
- Oil
- Mustard
- Salt-free Seasonings

### Got Fresh?

Absolutely! Drop off your fresh fruits, veggies, meat and dairy at our donation door located on the NE corner of 1465A Opportunity Way, Menasha, 7:30 am - 11:30 am, Monday through Friday, and 4:30 pm - 7:45 pm, Mondays.

Or, make a monetary donation at [stjoesfoodprogram.org](http://stjoesfoodprogram.org) and we'll purchase fresh items for you!

St. Joseph  
Food Program, Inc.

Lighting: Hunt & Sun

# November 1-29