



Most Needed Items

The USDA Dietary Guidelines for Americans recommends that adults and children regularly consume foods that are high in fiber, vitamins and minerals while low in calories, salt, fat and sugar. For optimal health, everyone should aim for a diet comprised of 50% fruits and vegetables. Consider making a food donation that resembles USDA's MyPlate. You can help to not just feed but *nourish* Idaho's hungry!

Fruits and Vegetables

Canned vegetables
Fruits canned in juice or extra light syrup
100% fruit and/or vegetable juices
Tomato products and pasta sauces
(reduced sodium is best!)

Grains

Whole grain pasta
Regular or instant brown rice
Plain oats/oatmeal
Whole grain cereals with low sugar

Pantry Staples

Canola or other cooking oils
Whole wheat or all-purpose flour
Baking powder and baking soda
Dried herbs and spices
Sugar

Proteins

Canned or dried beans and peas
Unsalted nuts
Canned meats and fish (low sodium)
Canned meals (soup, stew, chili, etc.)
Peanut or other nut butters
(all natural with no trans-fat is best)

Dairy

Non-fat or low-fat milk
Milk alternatives (rice, soy, almond)
These items must be boxed, canned, or dehydrated so they are shelf-stable.

Personal Care Items

Toilet paper
Diapers
Toothpaste and toothbrushes
Soap and shampoo
Deodorant

Perishable items are welcome if they are delivered directly to The Idaho Foodbank or your nearest food pantry. To locate your nearest pantry call us at 208-336-9643.

Please do not put perishable items in food barrels!