

MOST NEEDED FOOD ITEMS

IFPN cannot accept unlabeled or dented cans, open packaging, homemade foods or expired products.

FRUITS & VEGETABLES

Fruit canned in its own juice or with "no sugar added" and vegetables with low sodium or "no salt"

- Canned Fruit
- 100% Juice 32 oz.
- Canned Vegetables
- Spaghetti / Tomato Sauce, Tomato Products (crushed, whole, diced, paste, puree)
- Fresh Produce from your garden (uncooked)

DAIRY

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

- Parmalat (shelf stable 32-oz. size)
- Dry Milk (1-qt. package)
- Evaporated Milk
- Calcium-fortified milk alternatives such as soy, rice or almond milk

PROTEIN

Look for "no salt added", "low-sodium" and "canned in water"

- Canned Beans (i.e. pork and beans, pinto, red, white, chickpeas)
- Tuna Fish, Salmon and other canned fish
- Peanut Butter, 18 oz.
- Canned Meats and Meals (ravioli, spaghetti & meatballs, hash, stew, canned chicken, etc.)

GRAINS

Donate whole grains as often as you can

- Cereal – low sugar, high fiber
- Oatmeal
- Pasta/ Whole Wheat Pasta
- Rice /Brown Rice – 1 or 2 lb. sizes

SIDE DISHES

- Mac 'n Cheese
- Instant Potatoes
- Stuffing
- Rice-A-Roni
- Hamburger Helper

SOUPS

- Hearty
- Low-Sodium
- Regular

BABY ITEMS

- Enfamil Infant Formula (NOT Newborn)
- Baby Food – Stage 1 Fruits and Stage 3 Vegetables & Meats
- Diapers Sizes 5 & 6
- Pull Ups Sizes 4T & 5T
- Baby Wipes

SPECIALTY ITEMS

- Gluten-Free Products
- Boost or Ensure, regular
- Boost Glucose Control or Glucerna
- Adult Depends (no tabs)
- Tea (100 count boxes)
- Resealable sandwich bags and quart-sized plastic bags