

Recommended Food Items for Harvest for Hope Donations



Canned Meat:

- Any chunk lite tuna or no salt chicken
- Can Chicken
- Spam Lite
- Any Salmon Pouches

Canned Fruit :

In lite syrup or 100% juice

- Pears
- Peaches
- Mixed fruit
- Mandarin oranges

Canned Veggies:

- Corn
- Black beans
- Tomatoes
- Potatoes
- Mushrooms
- Spinach
- Asparagus
- Carrots
- Mixed veggies
(low sodium, if possible)

Pasta:

- 1 box Mac & Cheese
- 1 box Spaghetti
- Any whole wheat or multi grain pasta

Bag of Dried Beans

Canned Soup:

- Beef
- Veggie
- Hearty Veggie
- Chicken w/ wild rice,
- Chicken Veggie
- Chicken Barley
- Beef Barley
- Tomato
- Minestrone
- Organic Cream of Broccoli
- Organic Cream Corn
- Squash
- Lentil bean

Canned tomatoes:

- Tomato paste
- Tomato sauce
- Diced tomatoes

Peanut Butter:

- Reduced fat or natural

Cereal:

- Smart Start
- Raisin Bran
- Optimum
- Whole oats (oatmeal)
- Shredded Oats