

# FOOD DONATION GUIDELINES

Please help our clients maintain a healthy lifestyle by collecting and donating items that meet the nutritional standards listed below.



## FRUITS, VEGETABLES, AND JUICES

*Examples: fresh produce, frozen produce, fruit cups, juices*

Our goal: serve fruits, vegetables, and/or 100% juices with no added sugar and less than 230 mg of sodium per serving.



## PROTEIN

*Examples: canned tuna packed in water and creamy peanut butter*

Our goal: each serving will contain less than 2 g of saturated fat, less than 230 mg of sodium, and less than 6 g of added sugar.



## GRAINS

*Examples: rice, pasta, grains with seasoning mixes*

Our goal: the first ingredient will be 100% whole grain AND each serving will have less than 2 g of saturated fat, less than 230 mg of sodium, and less than 6 g of added sugar.



## MIXED DISHES

*Examples: frozen meals, soups, stews, macaroni and cheese*

Our goal: each serving will contain less than 3 g of saturated fat, less than 480 mg of sodium, and less than 6 g of added sugar.



## PROCESSED & PACKAGED SNACKS

*Examples: chips, crackers, granola, snack bars, popcorn*

Our goal: limit snack items, but if selected, each serving will contain less than 2.5 g of saturated fat, less than 141 mg of sodium, and less than 7 g of added sugar.

Created in collaboration with LSU AgCenter Healthy Communities.  
Learn more at [www.LSUAgCenter.com/HealthyCommunities](http://www.LSUAgCenter.com/HealthyCommunities).

