

Adagio Health Food Cupboard Suggested Donations

Thank you for your thought and consideration as we strive to combat food insecurity in Indiana County.
- The Nutrition Services Department

Canned goods:

- Will gladly accept:
 - o Beans – baked, kidney, black, lima, navy, great northern, green, etc
 - o Proteins-tuna, chicken or salmon
 - o Low sodium options preferred
 - o Fruit in water or 100% fruit juice
 - o Tomato sauce/paste
 - o Fruits
 - o Vegetables
 - o Soups
 - o Broth
- Will not accept:
 - o Expired dates
 - o Dents
 - o Added sugar

Fruits and Vegetables

- Fresh with nothing added
- 100% Fruit or Vegetable Juice
- Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
 - **Sodium:** ≤230mgⁱ
 - **Total Sugar:** Fruit in lite syrup or 100% Juiceⁱⁱⁱ or ≤12gⁱⁱ
 - **Sat Fat:** ≤ 2g^r
 - **Trans Fat:** 0g

Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with "whole grain" listed as the first ingredient^r & with:
 - >10% DV^{vi} or ≥2.5g fiber
- Cereal with "whole grain" listed as the first ingredient^{vi} & >3g of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
 - **Sodium:** ≤230mg
 - **Total Sugar:** Bread/Pasta ≤ 0g^{vii}
Cereal ≤ 12g^{ix}
 - **Sat Fat:** ≤ 2g
 - **Trans Fat:** 0g

Dry goods:

- Will gladly accept:
 - o Whole grains
 - o Oats
 - o Rice
 - o Pasta
 - o Pancake/waffle mix
 - o Bread mix
 - o Flour

Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
 - **Sodium:** ≤ 480mg^x
 - **Sat Fat:** ≤2g^{xi}
 - **Trans Fat:** 0g
- Nuts/Seeds responding spreads that meet the criteria below:
 - **Sodium:** ≤230mg
 - **Total Sugar:** <4g per 2T/1oz^{xii}
 - **Trans Fat:** 0g

Dairy

- Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened milk substitutes (e.g. Soy)
- Cheese that meets the criteria below:
 - **Sodium:** ≤ 480mg^{xiii}
 - **Sat Fat:** ≤3g | **Trans Fat:** 0g
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
 - **Sodium:** ≤480mg^{xiii}
 - **Total Sugar:** ≤ 22g(milk^{xiv})
≤ 30g(yogurt^{xv})
 - **Saturated Fat:** ≤ 3g
 - **Trans Fat:** 0g

- Will not accept: expired dates, mixes that require a lot of additional ingredients, dessert mixes, fresh breads

Will not accept items that need to be refrigerated such as dairy, eggs, meats, etc.

Feminine products:

- Pads, tampons, hygiene wipes, shampoo/conditioner, new brushes, new toothbrushes, hair pins/ties, socks

Kitchen products:

- Oven mits, kitchen towels, thermometers, utensils



**Graphic illustrates additional criteria for optimal choices in all food groups.*