West Seattle Food Bank
Nutrition Guide for Donations

We use the Healthy Eating Research (HER) Nutrition Guidelines to direct our nutrition priorities. We prioritize fresh fruits & vegetables, whole grains, lean protein, & low-sodium options. We strive to distribute items that meet the cultural & dietary needs of the diverse & changing population we serve.

Food Bank Needs
Low sodium canned vegetables and beans
Low sodium canned soup, stew, and chili
Low sodium canned meats or fish in water (tuna, chicken)
No added sugar canned fruit in juice
Shelf-stable milks (dairy and non-dairy - almond, soy, oat)
Supplemental nutritional drinks (Boost, Ensure)

Whenever possible, please choose:
Pop-top cans and easy-open packages
Low sodium, low sugar, and low fat

Backpack Program Needs
Juice, no sugar added
Shelf stable milk
Healthy snacks
Animal or graham crackers
Granola bars
Raisins
Fruit leather
Dried fruit
Applesauce and fruit cups, no sugar added
Microwavable pasta meals
Microwavable soup cups
Oatmeal or cereal packs

Donate Less
Cookies, candy, chips
Soda (regular or diet)
Energy drinks
Appreciated in moderation. A fun treat, but these items provide little nutritional value.