



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

Individual sizes, kid-friendly,
and easy to prepare!

- 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.

