

Food Bank Suggestions

The Food Bank strives to acquire nutritious food for low-income families and individuals in our community. Whether an agency provides food bags to seniors or meals in a group home for youth, their target populations are usually composed of more than one cultural or ethnic group.

Food Shopping List

Most Needed Foods

- Canned vegetables and fruit
- Canned meats and fish
- Pasta and tomato sauce
- Beans
- Rice
- Peanut butter
- Cereal/oatmeal
- Powdered milk
- Nutritional beverages

Age Specific Foods

Seniors

Pop-top cans, low sugar, low salt cans are ideal. Canned meat, vegetables, and fruit; cold and hot cereals; fortified soy milk; peanut butter; minute rice; pudding cups; dry milk packets.

Young Children

Snack sized packs of trail mix, dried fruit (raisins) or pretzels. Low-sugar granola bars; peanut butter; crackers; fruit juices.

Foods for Special Diets

(For people with diabetes and high blood pressure/cholesterol.) Products with little or no salt, sugar or fat.

Canned vegetables and fruit
Canned meats and fish
Pasta and tomato sauce
Beans
Rice
Peanut butter
Cereal/oatmeal
Powdered milk
Nutritional beverages
Nonperishable foods

Culturally Appropriate Food

African American

Rice, pasta; grits; Cream of Wheat; canned vegetables (greens, sweet potatoes, corn, etc.); cornmeal; black-eyed peas and other beans; peanut butter; canned meat or fish.

Cambodian

Canned meat or fish; rice or rice cakes; tofu; hot or cold cereal; red beans or soy beans; bottled juices; dried fruit.

Chinese

Rice and rice noodles; tofu; soy milk; canned meat or fish; peanut butter; hot or cold cereal; bottled juices; dried fruit.

Filipino

Rice and rice noodles; tofu; soy milk; canned meats and vegetables; coconut milk; dry beans (garbanzos, mung, etc.); tomato sauce; evaporated or condensed milk; peanut butter.

Hispanic/Latino

Dried beans; rice; canned tuna or chicken; canned fruits and vegetables; macaroni and cheese; crackers; oatmeal; powdered milk; peanut butter; bottled juices.

Vietnamese

Rice and rice noodles; tofu; fortified soy milk; canned tuna or meat; dry or canned beans; hot or cold cereal; bottled juices; dried or canned fruit.