

Nutrition Guidelines for Food Donations







Why nutritious food matters





At Ballard Food Bank, we recognize the important role that food and nutrition play in our clients' health. In addition to breaking down barriers to food access, we are committed to offering our participants choices that enable positive health outcomes, help prevent diet-related chronic illnesses, and respect the cultural needs and dietary preferences of the communities we serve. While we accept all donations, some options support this commitment to our clients more than others. Please use the following pages to guide your donation choices.

Green: Donate Often








CARBOHYDRATES

- Brown rice 
- Whole grain pastas 
- Gluten free pastas  

Great for gluten free clients as well as those with diabetes due to their low glycemic content. Plus, they are more filling due to their protein content!

- Quinoa   
- Other whole grains
- Dried beans, lentils 
- Steel-cut oatmeal
- White rice

PANTRY STAPLES

- Vegetable-based oils
- Vinegar
- Nuts  
- Dried fruits 
- Canned fruit in 100% juice 
- Low sodium vegetables and beans
- Low sodium soup and nut butters
- Shelf-stable tofu  
- Low sodium canned meats/fish in water
- Coffee (instant) and tea
- Shelf-stable dairy
- Shelf stable non-dairy milk 



HOME COOKING

These options help our clients feel empowered to make healthy choices!

SPICES + CONDIMENTS

- Black + white pepper
- Cinnamon
- Cumin
- Curry powder
- Garlic powder
- Pepper flakes
- Salt
- Turmeric
- Coconut milk
- Enchilada sauce
- Fish sauce
- Gochujang
- Hot sauce
- Ketchup
- Oyster sauce
- Pickled jalapeños
- Soy sauce
- Sriracha
- Tahini

BAKING SUPPLIES

- Flour
- Baking powder
- Baking soda
- Honey
- Sugar
- Stevia
- Vanilla extract



Green: Donate Often

SINGLE SERVING SIZED: Weekend Food for Kids and no cook options

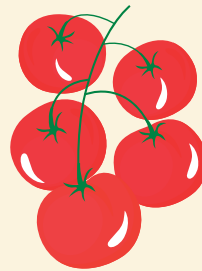
- Shelf-stable dairy milk
- Shelf-stable non-dairy milk
- Fruit cups in 100% juice
- Fruit leather/fruit snacks
- Nuts
- Peanut butter packets
- Protein bars
- Nature's Bakery Fig Bars
- Cereal cups
(Honey Nut Cheerios are a favorite!)
- Microwaveable meals
(Example: Madras Lentils)



BEVERAGES

- Water (still and sparkling)
- Nutritional shakes (Ensure, Boost)

Ensure is a great, nutrient-dense option for some of our older clients and is particularly useful for clients undergoing cancer treatment. High need item!



PRODUCE DONATION

In Spring, Summer, and even through Fall, many of our neighbors realize they have an excess of produce in their p-patches! We always happily accept fresh produce, which is both full of nutrients and helps promote home-cooking. Come see us when you have too many tomatoes to count!

WHY CULTURALLY RELEVANT FOODS MATTER

It is important to provide options that are reflective of our clients' cultural diversity and dietary needs to encourage healthy food choices. When there is a lack of culturally relevant, healthy food options, shoppers may defer to unhealthy, inexpensive options to alleviate hunger which further contributes to poor health outcomes.



MISCELLANEOUS

- Menstrual pads and tampons, various sizes
- Baby wipes
- Cat food (Especially wet!)
- Cat litter
- Dog food
- Adult diapers, various sizes
- Household cleaning wipes
- Deodorant
- Tissues
- Paper towels
- Toilet paper
- Shampoo
- Conditioner
- Body wash
- Toothbrushes
- Toothpaste



Red: Donate Less

While we appreciate all donations, we'd like to discourage donations of the items below as they provide little nutritional value and are high in saturated fat, added sugar and sodium which contribute to chronic disease.

CARBOHYDRATES

- Cookies
- Candy
- Chips
- Instant ramen



CANNED ITEMS

- Canned fruit in heavy syrup
 - High sodium canned vegetables
 - Soups and stews high in sodium, saturated fats
- Chef Boyardee, Nalley Chili

BEVERAGES

- Soda, regular or diet
- Energy drinks

