

Healthy Food Drive

South Carolina Farm to Food Bank

Fruits and Vegetables

Canned fruits in 100% juice

Low-sodium or water-packed canned vegetables

Dried fruits and vegetables with no added sugar or fat

Proteins

Dried beans, peas, and lentils

Low-sodium canned beans and peas

Low-sodium or water-packed canned meats and seafood

Whole Grains

Whole grain cereal and rolled oats

Low-sugar or unsweetened cereals and oats

Whole wheat pasta, barley, brown rice, and wild rice

Healthy Fats

Low-sodium nuts and nut butters

For all donated items, please remember non-glass items are preferred

