Metro Caring works with our community to meet people’s immediate need for nutritious food while building a movement to address the root causes of hunger. At the same time that we provide healthy groceries to our neighbors, we offer comprehensive, wrap-around anti-poverty programming so that families can break the cycle of food insecurity.

**HEALTHY FOODS TO DONATE:**

**FRUITS & VEGETABLES**
When considering these items look for ‘no salt added,’ ‘low-sodium,’ ‘no sugar added,’ and ‘100% juice’ varieties.
- Tomato sauce
- Low sodium canned vegetables
- Canned fruits in juice or water
- Applesauce (unsweetened)

**GRAINS**
- Rice
- Masa Flour
- Pasta
- Low sugar/high fiber cereal
- Oatmeal (unsweetened)

**PROTEIN**
When providing these items, look for “no salt added,” “low-sodium,” and “canned in water” varieties.
- Canned chicken
- Dried beans and lentils
- Canned tuna
- Nuts and nut butters

**OTHER**
- Soy sauce
- Dried chilies
- Cooking oil
- Spices
- Coffee and tea

**NON-FOOD ITEMS TO DONATE:**
- Diapers
- Feminine hygiene products
- Toothbrushes
- Toothpaste
- Soap
- Shampoo
- Conditioner
- Hand sanitizer