

Our Nutrition Commitments

Goal 1: Increase “donate often” whole grains from 14% to 33% by June 2025

Goal 2: Increase “donate often” lower sodium mixed dishes like soup/chili from 27% to 50% by September 2025

Goal 3: Increase overall inventory of “donate often” foods from 60% to 66% by December 2025

<https://svfoodbank.org/>
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Produce Donation

We are always on the lookout for donations of fresh produce, which is both full of nutrients, promotes home-cooking, and helps us meet client requests for a larger variety of produce.

Many of our neighbors realize they have an excess of produce in their p-patches or home gardens. Contact endhunger@svfoodbank.org to donate.



Nutrition Guidance for Food Donations

Our Commitment

Sky Valley Food Bank recognizes the important role that food and nutrition play in our clients' health. In addition to increasing food access, we acknowledge our role and responsibility in helping to prevent diet-related disease in our community.

To meet the needs of our clients and support their wellbeing, we strive to make conscious, thoughtful decisions about the foods we seek out and distribute. While we accept all donations, some options meet these nutrition commitments more than others. Please use this list as a guide.

Green: Donate Often

Fruits and Vegetables

Low sodium, no sugar added

- Fresh (cabbage, peppers, onions, bananas, pears)
- Frozen (berries, peas, mixed vegetables)
- Canned (corn, peas, fruit cups)

Proteins

Low sodium, low fat, packed in water

- Fresh (poultry, low-fat cottage cheese)
- Frozen (lean beef, fish)
- Canned (chicken, tuna)
- Plant-based (tofu, beans, nuts & seeds)

Grains

Whole grain when available, low sodium

- Brown Rice • Oatmeal
- Pasta • Couscous
- Bread • Quinoa

Healthy Snacks

- High fiber granola bars (low sugar)*
- Nuts (no salt)
- Dried/freeze-dried fruit (no sugar added)*
- Skinny Pop (single-serve)*
- Unsweetened applesauce (single serve)

**While we acknowledge this is not a green, "choose often" choice per the Healthy Eating Research (HER) Nutrition Guidelines, it can be a healthier alternative to more processed, higher sugar snack foods.*



Green: Donate Often

Beverages

- Milk (unflavored & low-fat)
- Coffee (ground)
- Bottled water
- Unsweetened seltzer

Household and Hygiene

- Vegetable oil
- Spices
- Baking staples (masa, flour, sugar)
- Infant formula
- Baby foods
- Infant diapers
- Dog & cat food
- Deodorant
- Toothbrushes & toothpaste
- Menstrual pads
- Toilet paper
- Shampoo & conditioner



Red: Do Not Donate

While we appreciate all donations, we'd like to discourage donations of the items below as they provide little nutritional value and can contribute to chronic disease. We also do not accept any items beyond the printed use-by or best-by date.

Breaded and Deep-fried Foods

- Corn dogs
- Donuts
- French fries & onion rings
- Mozzarella sticks
- Breaded chicken, fish & shrimp

Desserts and Candy

- Cookies
- Pies & pastries
- Cake & cupcakes
- Leftover holiday candy
- Brownie & cake mixes

Sugary Beverages

- Soda (regular or diet)
- Sports & energy drinks
- Coffee, teas, milks, juices with added sugars

High Sodium Foods

- Frozen meals, pizzas
- Instant noodle and rice mixes
- Cold cuts & breakfast meats
- Canned soup

