



# Project Open Hand 2025 Food Donation Drive Guide

HELP US COLLECT NUTRITIOUS CANNED FOOD ITEMS TO BENEFIT OUR CLIENTS

## Nutrition Guidelines for Canned Food:

- Canned Beans – *NO additives such as sugar, meat, or salt*
- Canned Fruit – *In juice only*
- Saturated Fat – *15% DV or less*
- Sodium – *Less than 20% DV*
- Whole Grains Only, Please
- Ingredients **Cannot** Have – *NO Partially Hydrogenated Oils*  
*NO High Fructose Corn Syrup*

## Brands That Often Have What We're Looking For:

STORE BRAND	Safeway (Signature Select)	Sprout's	Target (Good and Gather)	Trader Joe's	Walmart (Great Value)	Whole Foods	Other Brands to Look For
Nut Butter				X		X	<ul style="list-style-type: none"> <li>• Adams</li> <li>• Santa Cruz Organic</li> </ul>
Beans		X			X	X	<ul style="list-style-type: none"> <li>• Eden Organic</li> </ul>
Canned Fruit	X				X		<ul style="list-style-type: none"> <li>• Del Monte</li> <li>• Dole</li> </ul>
Dried Fruit					X		<ul style="list-style-type: none"> <li>• Sun Maid</li> </ul>
Applesauce	X		X	X	X	X	<ul style="list-style-type: none"> <li>• Mott's</li> <li>• Musselman's</li> <li>• Tree Top</li> </ul>
Canned Meats			X	X			<ul style="list-style-type: none"> <li>• StarKist</li> <li>• Wild Planet</li> </ul>



## Some of Our Favorite Products:

### Nut Butter

Adam's 100% Natural Peanut Butter



Santa Cruz Organic Peanut Butter



Sprout's Sunflower Seed Butter, Unsalted, Unsweetened



Trader Joe's Almond Butter (No salt added)



Trader Joe's Unsalted Peanut Butter



Whole Foods 365 Brand, Unsweetened and Unsalted



### Canned Beans

Eden Organic Black Beans, No Salt Added



Great Value Dark Red Kidney Beans, No Salt Added



Sprout's Garbanzo Beans, No Salt Added



Walmart Great Value Pinto Beans, No Salt Added



Whole Foods 365 Black Beans, No Salt Added



Whole Foods 365 Organic Cannellini Beans, No Salt Added



### Canned Fruit, Applesauce, and Dried Fruit

Del Monte Fruit Cocktail in 100% Juice



Dole Mandarin Oranges in 100% Juice



Good & Gather Unsweetened Apple Sauce Cups



Great Value Pear Halves in 100% Juice



Signature Select Sliced Peaches in 100% Juice



Sun Maid Raisings, No Added Sugar



### Canned Meats

StarKist Tuna in Water



Trader Joe's Alaskan Pink Salmon in Water



Trader Joe's Tuna in Water, No Salt Added



Wild Planet Tuna in Water



### Pantry Kit

Many of our clients live with some type of chronic health condition that benefits from even the smallest heart-healthy option. These pantry items are often items we recommend to keep food tasty without the use of high sodium ingredients.

Some of our favorite products to donate include:

- Olive Oil
- Avocado Oil
- Balsamic Vinegar
- Garlic Powder (Organic OK)
- Onion Powder (Organic OK)
- Dash Salt Free Seasoning Blends



## Additional Product Information:

### Nut Butter

We accept peanut butter and other nut or seed butters (such as almond or sunflower seed butter) that contain:

- No added sugars
- No high fructose corn syrup
- No partially hydrogenated oils

We also prefer options with no added salt, or with no more than 140mg of sodium per serving.

### Canned Beans

We accept a variety of canned beans, but only if they are labeled No Salt Added.

Preferred Types of Beans to Donate:

- Black Beans
- Garbanzo Beans (Chickpeas)
- Kidney Beans
- Pinto Beans
- White Beans (Cannellini or Great Northern)

### Canned Fruit, Applesauce, and Dried Fruit

We accept canned fruit and fruit cups that are packed in 100% juice only — not in syrup or with added sweeteners.

Acceptable types of canned fruit to donate include: Fruit cocktail, pears, peaches, pineapple, and mandarin oranges.

⊘ Please do not donate canned fruit containing zero-calorie sweeteners, whether artificial or naturally derived. This includes ingredients like Splenda (sucralose), Stevia, and Monk Fruit.

We also welcome individually portioned raisin boxes labeled “No Sugar Added” and applesauce cups labeled “Unsweetened” or “No Added Sugar.”

Fruit in heavy syrup contains added sugar and extra calories without nutritional value.

**These items are not accepted:**



### Canned Meats

We accept canned meats packed in water only — no broth, oil, added salt, or preservatives (including sodium phosphates). Acceptable types of meat to donate include: salmon, tuna, and chicken.

