



UPPER VALLEY MEND

FOOD ITEMS NEEDED

- Cereal (*with first ingredient whole grain*)
 - Eggs
 - Cheese
 - Milk & Yogurt
 - Soups (*low or no salt added*)
 - Canned Tomatoes (*canned, stewed, sauce, etc.*)
 - Meats
 - Peanut Butter
 - Cooking Oil
 - Fresh Fruit & Vegetables
 - Pasta
 - Tuna
 - Beef Stew
 - Rice
 - Canned Fruit
 - 100% Fruit Juice
 - Masa Flour
 - All Purpose Flour
 - Cereal & Oatmeal
 - Potatoes
 - Onions
 - Chili
 - Canned Beans
 - Canned Vegetables
 - Dry Beans
 - Mac & Cheese
 - Prepared Dinners (*Rice-a-Roni, Hamburger Helper, etc.*)
 - Spices & Dried Herbs
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NON-FOOD ITEMS NEEDED

- Soap
 - Deodorant
 - Pet Food
 - Toothpaste
 - Diapers
 - Toilet Paper
 - Toothbrushes
 - Feminine Hygiene Products
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HOLIDAY FOOD ITEMS

October-December

- **Turkeys**
- **Chickens**
- **Hams**
- **Pies**
- Carrots
- Celery
- Butter
- Rolls
- Masa Flour
- Dry Beans
- Black Olives
- Onions
- Canned Green Beans
- Canned Corn
- Fruit Cocktail
- Cranberry Sauce
- Gravy Mix
- Potatoes

Donate healthy foods with SWAP.

SWAP is a stoplight nutrition system designed to help promote healthy food choices at food banks and food pantries. It focuses on 3 nutrients:

- saturated fat
- sodium
- sugar

Why only these 3 nutrients? These nutrients are linked to increased risks of chronic diseases like diabetes and heart disease. The United States Dietary Guidelines list these as “nutrients to limit”.

SWAP™ Supporting Wellness At Pantries



GREEN

Choose often;
low in saturated fat,
sodium and added sugars;
supports health

.....

YELLOW

Choose sometimes;
medium levels of saturated
fat, sodium or added sugars;
can contribute to good health

.....

RED

Choose rarely;
high levels of saturated fat,
sodium or added sugars;
think of as treats;
limited health benefits

How do I know what to donate?

Use the SWAP Guide below to determine which food category the food falls into. Then, looking at these 3 nutrients on the nutrition label, compare them to the SWAP Guide to see if the food is a Green, Yellow, or Red food. **Try to find food that is Green when donating!**

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugar	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

This soup meets the criteria to be a "Choose Rarely" red food.



This label says the soup has 860mg of sodium per serving

This soup meets the criteria to be a "Choose Often" green food!



This label says the soup has 410mg of sodium per serving



This label says the chicken has 390mg of sodium per serving



This label says the chicken has 210mg of sodium per serving

This protein meets the criteria to be a "Choose Sometimes" yellow food.

This protein meets the criteria to be a "Choose Often" green food!



Look at the sodium levels for other mixed dishes like soups or canned proteins like beans/chicken/tuna and donate ones meeting the nutrient standards in the "Choose Often" column below:



SWAP™ Guide

Supporting Wellness At Pantries

Food Category	Choose Often			Choose Sometimes			Choose Rarely		
	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*
Fruits and Vegetables	≤2g	≤230mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24g for Total Sugars)
				≥2.5g	231-479mg	1-11g (13-23g for Total Sugars)			
Grains	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤3g	≤230mg	0g (≤12g for Total Sugars)	3.5-6g	231-479mg	1-11g (13-23g for Total Sugars)	≥6.5g	≥480mg	≥12g (≥24g for Total Sugars)
Non-Dairy Alternatives	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
Beverages	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g
Mixed Dishes	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g
Processed and Packaged Snacks	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5g	≥141mg	≥7g
				0-2g	0-140mg	0-6g			
Desserts	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.								
Misc. Products	Unranked. Examples include baby food, nutritional supplements, protein powders.								

*Use the added sugars value when available on the Nutrition Facts Label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables and dairy.

