



Suggested Food Donations

The Wabasha Area Food Share has a mission to provide nutritious food items containing lower levels of sugar, sodium and saturated fats to our neighbors in need.

HOW TO DONATE FRESH PRODUCE FROM GARDENS

Cleaning the produce before donating is appreciated!

Consider planting a row or starting a giving garden at work and share with us.

The Wabasha Community Garden provides free garden plots if crops are donated to the Food Share.

FRESH FRUITS & VEGETABLES

- Any Kind!

CANNED FRUITS & VEGETABLES

Prefer low-sodium and natural juices

- Fruits
- Pumpkin
- Soups
- Tomatoes
- Mushrooms
- Carrots
- Beets
- Peas

CANNED PROTEIN

- Beans (black, pinto, garbanzo)
- Chicken
- Peanut Butter
- Salmon
- Tuna

WHOLE GRAINS

- Oatmeal-low/no sugar
- Pasta and Pasta sauce

SNACKS

- Nuts
- Yogurt
- String cheese

COOKING & BAKING

- Olive oil
- Vinegars

HOUSEHOLD/PERSONAL

- Laundry detergent
- Shampoo
- Disinfecting spray/wipes
- Adult diapers

**THANKS FOR
YOUR
GENEROSITY!**

CASH DONATIONS ARE ALWAYS WELCOME!

The Food Share is able to leverage your cash donations to buy food from the local Food Bank at greatly reduced prices.

Send to:

Wabasha Area Food Share

PO Box 174

Wabasha, MN 55981