Healthy Food Drive 2026



Important Tips

Be mindful of:

- Expiration dates
- Nonperishable, canned, or dry goods items only
- Whole wheat/whole grain preferred; low carb <35g
- High protein preferred; FISH ONLY please!
- Low, reduced, or no-sodium preferred; <500mg
- Avoid canned goods that are pickled



Drop off: Please email us at pantry@cherryhillfreeclinic.org to schedule drop-off. Address: 5 Esterbrook Ln, Cherry Hill, NJ 08003

1 High Protein



Canned:
Tuna
Canned salmon
Mackerel

2 Complex Carbs



Whole wheat pasta
Brown or wild rice
Natural nut butters
Old-Fashioned rolled Oatmeal, quinoa, millet, buckwheat, couscous, barley, or amaranth
Potatoes, sweet potatoes
Peas, corn, squash
Beans, lentils, chickpeas

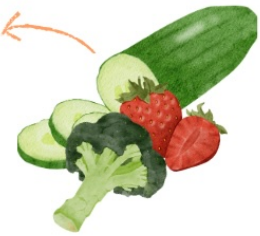
3 Good Fat



Canola, Corn, Extra Virgin Olive, Peanut, Safflower, Soybean, Sunflower, Vegetable Oils
Nuts
Seeds

4 Vegetables & Fruits

Canned fruits (in juice not syrup)
Canned vegetables (no salt added/low sodium)
Dried fruits
Low sodium broth/soups



5 Healthy Snacks/Other



Low-fat popcorn
Rice-cakes
Shelf-stable milk, dairy alternatives
Honey/agave
Jams/jellies
Unsweetened apple sauce
Bottled Water
Dish soap
Laundry detergent
Sponges
Can openers
Distilled White Vinegar
Toiletries

Cherry Hill Free Clinic

Questions? Email pantry@cherryhillfreeclinic.org