2026 Central Valley Fire District Food Drive for Belgrade Senior Center

Recommended Donations for Seniors, including Homebound Seniors

Canned Fruits and Vegetables
Low-sodium vegetables and fruit packed in juice

- Canned peaches, pears, and mandarin oranges
- Applesauce cups or small jars
- Canned green beans, corn, peas, and carrots
- Canned tomatoes

Protein

- Canned chicken or turkey
- Tuna and salmon pouches or cans
- Peanut butter and other nut butters
- Canned beans, lentils, and chickpeas
- Canned chili or hearty stews
- Shelf-stable protein drinks

Breakfast and Grains

- Instant oatmeal packets
- Low-sugar cereal
- Shelf-stable breakfast bars
- Rice and instant rice
- Pasta and pasta sauce
- Crackers and whole-grain crackers
- Instant mashed potatoes
- Shelf-stable tortillas

Easy Meals and Soups

- Ready-to-eat canned soups
- Low-sodium soups
- Canned pasta meals
- Canned beef stew
- Shelf-stable macaroni and cheese
- Microwaveable rice or grain meals

Dairy and Other Essentials

- Shelf-stable milk or powdered milk
- Shelf-stable pudding cups
- Tea, coffee, and hot cocoa
- Small containers of cooking oil

Extras

- Honey, jam, or jelly
- Small packages of sugar
- Salt-free or low-sodium seasonings
- Individual snack packs
- Soft Granola bars
- Shelf-stable juice
- Easy-open snacks and soft foods

Helpful Information when choosing food for Seniors

- **Pull-tab** cans that don't require a can opener
- Single-serving containers to reduce waste
- Foods that require little or no preparation
- **Soft foods** for people who have difficulty chewing
- **Low-sodium** options when possible
- Choose nutritious, higher-protein, higher-calorie foods since most seniors struggle to get enough calories and nutrients
- Smaller packages that are easier to lift, carry, and store

Note: A bin has been placed in the entry at Central Valley Fire District, Station 1, 215 Wings Way, Belgrade, to collect food for the Senior Center. We thank you for your generosity!