

We gratefully receive food donations for the Virtua Eat Well Food Farmacy, located in Camden and Mount Holly. This “food as medicine” program offers enrolled patients nutrition education, social support resources, and free produce and non-perishable groceries, empowering them to manage medical conditions through food-related lifestyle changes.

## Shopping List for Food Donations

### Highest Need

- **Beans / Legumes**  
15 oz. can or 1 lb. bag — Mix of varieties needed, including butterbeans, lima, Great Northern, cannellini, lentils, and split peas
- **Cereal**  
13 oz. box or single-serving size — 10g of sugar or less per serving, 3g of fiber or more per serving
- **Chicken**  
5, 10, or 12.4 oz. can — Packed in water, low-sodium if available
- **Fruit**  
24 oz. can/plastic jar or smaller, single serving cups or pouches — Water or 100% juice-packed, avoid syrup-packed, mix of varieties needed
- **Milk (shelf-stable)**  
32 oz. box or smaller — Non-dairy unsweetened liquid milks or powdered milk
- **Oatmeal**  
24 oz canister or smaller; box of packets; single-serving cup — Unflavored preferred
- **Olive Oil**  
Bottles or spray cans
- **Peanut Butter**  
28 oz. plastic jar or smaller
- **Rice**  
16 oz. box, or single-serving plastic cup, or microwave packs — Plain and low-sodium flavored preferred; prioritize brown rice
- **Salmon**  
2.5 oz. pouch or 5 oz. can — Packed in water, low-sodium if available
- **Soups**  
19 oz. can or smaller — Mix of varieties needed, with an emphasis on low-sodium / hearty broth-based soups (e.g. Progresso, Campbell’s Chunky varieties) and a mix of vegetarian and meat offerings (emphasis on chicken)
- **Spices**  
Canisters or packets — Mix of low-sodium / salt-free varieties needed, including both blends and single varieties: salt-free blends, marinade packets, crushed red pepper, black pepper, dried herbs
- **Tuna**  
2.5 oz. pouch or 5 oz. can — Packed in water, low-sodium if available, avoid pre-seasoned
- **Vegetables**  
15 oz. can — Low-sodium, mix of types, including spinach, asparagus, mushroom, green beans, corn, and peas

## Higher Need

- **Crackers**  
Whole-wheat — Brands include Wasa, Nut Thins, Wheat Thins
- **Grains**  
Quinoa, barley, farro, or couscous
- **Jams/Jellies**  
16 oz plastic jar or smaller — Sugar-free or all-fruit varieties
- **Nutritional Drinks**  
8 oz. bottles — Glucerna, Ensure, or Boost, in chocolate and vanilla varieties
- **Nuts**  
6 to 16 oz. cans or plastic jars, single-serving pouches — Unsalted preferred, such as peanuts, almonds, and walnuts
- **Pasta**  
16 oz. box or bag — Whole wheat preferred, mix of shapes, interest in chickpea-based pasta
- **Pasta Sauce**  
24 oz. can / plastic jar or smaller — Avoid Alfredo/cream-based sauces
- **Snacks**  
Low-sodium popcorn, chickpea snacks, granola bars, or rice crisps
- **Stocks/Broths**  
Boxes or bouillon cubes — Low-sodium chicken or vegetable preferred
- **Tomatoes**  
15 oz. can / box or smaller — Mix of varieties needed, including whole, diced, pureed, and paste
- **Trail Mix / Dried Fruit**  
6 to 16 oz. cans or plastic jars or single-serving pouches

## High Need

- **Vinegars**  
Apple cider vinegar, red wine vinegar, balsamic vinegar, or rice vinegar
- **Breads**  
If able to get on a tight turnaround, tortillas preferred
- **Cream-of-Wheat**  
12 oz. box or box of packets
- **Grits**  
24 oz. canister or smaller
- **Condiments**  
Dijon mustard, Worcestershire sauce, mayo, vinaigrette-based salad dressings
- **Cooking Supplies**  
Cornstarch, canola oil, avocado oil, sesame oil, low-sodium soy sauce
- **Nut Butter (non-peanut)**  
16 oz. plastic jar or smaller
- **Olives**  
Green or black
- **Water/Sparkling Water**  
8 oz. or 16 oz. bottles
- **Household Items**  
Toilet paper, paper towels, dish soap, and reusable water bottles



### Connect with Us

Virtua Health's Eat Well initiative aims to create reliable and affordable sources for nutritious foods for our patients and community. If you or your organization are interested in donating food, please email the Office of Philanthropy at [gratitude@virtua.org](mailto:gratitude@virtua.org) or call 856-355-0830 and a member of our team will assist you.

Learn more at [virtua.org/EatWell](https://virtua.org/EatWell) | Support at [GiveToVirtua.org](https://GiveToVirtua.org)