

JF&CS Family Table

Canned Vegetable Donation Guide

At the store, just get two:



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My Family

Family Table

Nutrition Criteria	Examples
<p>140mg sodium or less per serving, or says one of the following:</p> <ul style="list-style-type: none"> • No salt added • No added salt <p>We request a variety of canned vegetables, for example:</p> <ul style="list-style-type: none"> • Spinach • Green beans • Mushrooms • Carrots • Beets • Mixed Vegetables 	<div data-bbox="919 548 1058 708"></div> <p data-bbox="804 727 1176 846">Green Giant No Salt Added Whole Kernel Sweet Corn Niblets</p> <div data-bbox="1346 529 1461 716"></div> <p data-bbox="1236 751 1587 824">Del Monte No Salt Added Cut Green Beans</p> <div data-bbox="1745 521 1871 716"></div> <p data-bbox="1690 740 1932 859">Stop and Shop No Salt Added Mixed Vegetables</p> <div data-bbox="1108 919 1220 1101"></div> <p data-bbox="993 1133 1344 1206">Del Monte No Salt Added Leaf Spinach</p> <div data-bbox="1520 919 1675 1094"></div> <p data-bbox="1457 1133 1768 1206">Giorgio No Salt Added Mushrooms</p>



Snap a picture of this list as a convenient reminder for your next shopping trip!