



UPPER VALLEY MEND

MEETING EACH NEED WITH DIGNITY

DROP OFF LOCATION & HOURS

Community Cupboard (**come inside!**)

219 14th St, Leavenworth, WA

Monday - Saturday

11:00 AM to 5:00 PM



THE COMMUNITY
CUPBOARD SERVES

1,000+

INDIVIDUALS MONTHLY.

FOOD ITEMS NEEDED

- Cereal (*with first ingredient whole grain*)
- Oatmeal
- Eggs
- Cheese
- Butter
- Milk & Yogurt
- Soups*
- Canned Tomatoes* (*canned, stewed, sauce, etc.*)
- Meats
- Canned Meats* (tuna, chicken, etc.)
- Peanut Butter
- Cooking Oil
- Fresh Fruit & Vegetables
- Pasta
- Rice
- Canned Fruit*
- 100% Fruit Juice
- Masa Flour
- All Purpose Flour
- Whole Wheat Flour
- Potatoes
- Onions
- Chili*
- Canned Beans*
- Canned Vegetables*
- Dry Beans
- Mac & Cheese
- Prepared Dinners
- Spices & Dried Herbs
- Tortillas (*flour & corn*)
- Bread
- Coffee (*ground & instant*)

***low sodium or low sugar**

NON-FOOD ITEMS NEEDED

- Soap
- Deodorant
- Toothpaste
- Toothbrushes
- Shampoo
- Conditioner
- Diapers (*size 4-6*)
- Toilet Paper
- Feminine Hygiene Products
- Laundry Soap
- Pet Food

HOLIDAY FOOD ITEMS

October-December

- **Turkeys**
- **Chickens**
- **Hams**
- **Pies**
- Carrots
- Celery
- Onions
- Potatoes
- Butter
- Rolls
- Stuffing
- Canned Olives*
- Canned Green Beans*
- Canned Corn*
- Canned Pumpkin*
- Canned Hominy*
- Canned Cranberry* Sauce
- Gravy Mix
- Cream of Mushroom Soup*
- Vegetable Broth*
- Chicken Broth*

***low sodium or low sugar**

Donate healthy foods with SWAP.

SWAP is a stoplight nutrition system designed to help promote healthy food choices at food banks and food pantries. It focuses on 3 nutrients:

- saturated fat
- sodium
- sugar

Why only these 3 nutrients? These nutrients are linked to increased risks of chronic diseases like diabetes and heart disease. The United States Dietary Guidelines list these as “nutrients to limit”.

SWAP™ Supporting Wellness At Pantries



GREEN

Choose often;
low in saturated fat,
sodium and added sugars;
supports health

.....

YELLOW

Choose sometimes;
medium levels of saturated
fat, sodium or added sugars;
can contribute to good health

.....

RED

Choose rarely;
high levels of saturated fat,
sodium or added sugars;
think of as treats;
limited health benefits

How do I know what to donate?

Use the SWAP Guide below to determine which food category the food falls into. Then, looking at these 3 nutrients on the nutrition label, compare them to the SWAP Guide to see if the food is a Green, Yellow, or Red food. **Try to find food that is Green when donating!**

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	230
Calories	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugar	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

This soup meets the criteria to be a "Choose Rarely" red food.



Nutrition Facts	
About 2 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	230
Calories	% Daily Value*
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 860mg	172%
Total Carbohydrate 10g	20%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein 3g	6%

This label says the soup has 860mg of sodium per serving

This soup meets the criteria to be a "Choose Often" green food!



Nutrition Facts	
About 2 servings per container	
Serving size 1/2 cup (125mL)	
Amount per serving	60
Calories	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 10mg	20%
Sodium 410mg	82%
Total Carbohydrate 10g	20%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein 3g	6%

This label says the soup has 410mg of sodium per serving



Nutrition Facts	
About 2 1/2 servings per container. Serv. Size: 3 oz. drained (85g)	
Amount per serving	390
Calories	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 390mg	78%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein 15g	30%

This label says the chicken has 390mg of sodium per serving



Nutrition Facts	
Serving Size: 2 oz (56g)	
Amount per serving	210
Calories	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 210mg	42%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein 15g	30%

This label says the chicken has 210mg of sodium per serving

This protein meets the criteria to be a "Choose Sometimes" yellow food.

This protein meets the criteria to be a "Choose Often" green food!



Look at the sodium levels for other mixed dishes like soups or canned proteins like beans/chicken/tuna and donate ones meeting the nutrient standards in the "Choose Often" column below:



SWAP™ Guide

Supporting Wellness At Pantries

Food Category	Choose Often			Choose Sometimes			Choose Rarely		
	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*	Saturated Fat	Sodium	Added Sugars*
Fruits and Vegetables	≤2g	≤230mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24g for Total Sugars)
				≥2.5g	231-479mg	1-11g (13-23g for Total Sugars)			
Grains	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤3g	≤230mg	0g (≤12g for Total Sugars)	3.5-6g	231-479mg	1-11g (13-23g for Total Sugars)	≥6.5g	≥480mg	≥12g (≥24g for Total Sugars)
Non-Dairy Alternatives	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
Beverages	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g
Mixed Dishes	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g
Processed and Packaged Snacks	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5g	≥141mg	≥7g
				0-2g	0-140mg	0-6g			
Desserts	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.								
Misc. Products	Unranked. Examples include baby food, nutritional supplements, protein powders.								

*Use the added sugars value when available on the Nutrition Facts Label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables and dairy.

