

SOUTHERN AZ VA HEALTH CARE SYSTEM (SAVAHCS)

PATRIOT PANTRY

Dear Donors,

Thank you for your contributions to our Veteran community! The SAVAHCS Social Work Service line has partnered with the SAVAHCS Center for Development and Civic Engagement to tackle the issue of hunger amongst our Veterans. We are looking for donations to help provide food to Veterans in need. While we won't exclude non-expired shelf-stable food items, we are looking for some nutrition-focused items:

GENERAL CRITERIA:

- *Non-expired shelf stable: We won't have a refrigerator to store items and some of our Veterans don't have access to refrigeration*
- *Low sodium when available (less than 140 mg per serving), but not essential*
- *No added sugar when available, but not essential.*
- *Small Individual boxes or packages*

Proteins:

- *Canned meats: chicken breast, turkey, spam*
- *Canned fish/seafood: tuna, salmon, anchovies, baby clams, sardines*
- *Canned beans/lentils (all kinds and varieties, preferably "low sodium")*
- *Peanut butter, nut butters (unsweetened if possible)*
- *Nuts (peanuts, cashews, almonds, etc.; any kind/variety) – Individually wrapped*
- *Vienna sausage*
- *Cans of chili beans*

Fruits:

- *All types/varieties*
- *Examples: fruit cups, applesauce, fruit sauces, canned fruits*
- *Dried fruits*

Vegetables: Low sodium, all colors/types

- *All types of canned ones*
- *Examples: carrots, green beans, tomatoes, beets, asparagus, etc.*

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Starchy Vegetables:

- *Canned corn, peas*
- *Shelf stable dried mashed potatoes/potato pouches (i.e. Idaho Spuds hash brown cartons, dried mashed potatoes)*
- *Packages of dry potato flakes*

Milk: We are looking for all kinds: whole, skim, 1%, and non-dairy options

- *Shelf stable milks (cow AND non-dairy options)*
- *Dry milk/creams*

Grains: Whole grains, ready to serve/microwaveable, low sodium when possible

- *Brown rice, quinoa, white rice, etc.*
- *Cereals and Oatmeal: Small individual boxes or packages*
- *Whole wheat pasta*
- *Mac n cheese*
- *Bread (whole wheat if possible)*

Soups:

- *Chicken Noodle Soup*
- *Tomato Soup*
- *Vegetable Soup*
- *Potato Soup*
- *Lentil Soup, etc*

Sauces: Pasta Sauces

- *Marinara*
- *Pesto*
- *Alfredo*
- *Spaghetti sauce*

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Snacks:

- *Crackers, Wheat Thins, Triscuits, Saltines, etc.*
- *Trail mix*
- *Granola bars (chewy)*
- *Pretzels (no salt if available)*
- *Popcorn kernels and individual bags*

Condiments:

- *Individually wrapped items, NOTHING REFRIGERATED*
- *Ketchup, mustard, relish, mayonnaise*

Miscellaneous/Non-food items:

- *Grocery store gift cards*
- *Plastic ware: Forks, knives, spoons*

We are truly moved by your kindness and patriotism. Your contribution will make a significant difference in the lives of those who have served our nation.