



## FOOD PANTRY DONATION LIST

### Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts

- canned tuna
- canned chicken
- canned beef stews
- canned salmon
- bean soups
- canned or dried beans
- baked beans
- canned chili
- peanut butter
- canned nuts

### Grains: Bread, Cereal, Rice, and Pasta

- rice and rice mixes
- Mashed potato
- canned pastas
- noodle mixes
- dry noodles and pastas
- macaroni and cheese mix
- cold cereals
- bran cereal

- shredded wheat
- hot cereal mixes
- oatmeal
- bread, muffin, and pancake mixes
- whole-grain crackers
- granola bars
- graham crackers

### Dairy: Milk, Yogurt, and Cheese

- nonfat dry milk
- evaporated milk
- instant breakfast drinks
- shelf-stable (UHT) milk (small boxes)
- canned and boxed pudding

### Vegetables

- canned vegetables
- vegetable soup
- canned tomato products
- spaghetti sauce

### Fruits

- canned fruit
- raisins
- applesauce
- dried fruits
- fresh fruits (apples, oranges and bananas)

- canned and boxed 100% juice

## Oils and Condiments

- salad dressing
- syrup
- jelly and jam
- honey
- sugar
- mayonnaise

- tea
- coffee

\*We recommend you choose 10-12 items from our list.

\*\*Larger donations are welcome!



**Feeding the  
Community**