

Food Pantry Needs YOU Can Help With

Healthy Vegetables

Cans or jars of all types of vegetables-the rainbow of colors from canned spinach to corn

Tomato mixtures such as seasoned diced tomatoes, Rotel (generic counterparts)

Pickles and sauerkraut

Instant Mashed Potatoes

Healthy Fruits

Cans and jars of all fruits-the rainbow of colors-low or no sugar added where possible

Bags of dried fruit for oatmeal for breakfast or for snacking and dates for cooking

Fruit slices and fruit cocktail-cans and individual servings for snacks

Jars of applesauce and individual applesauce for children

Healthy Grains

Large containers of both quick and rolled oats

Bags of dry rice (white and brown). Boxes/pouches of rice mixes

Containers of grits, cornmeal and quinoa

Granola Bars and protein bars

Healthy Proteins

Bags of dried beans, lentils and split peas

Canned beans and refried beans

Bags or cans of black eyed peas

Jars of peanut butter or almond butter

Bags of nuts and seeds for cooking and single servings for children

Trail Mix for snacks for children-bags for after school or single serving for lunches

Dairy free protein powders and/or drinks

Condiments

Hot sauce

Salsa

Mustard and catsup

Pancake Syrup

Dairy Free Milks

Shelf Stable (no refrigeration required) soy, oat and almond milk are most popular.

Other cooking items

Soy sauce

Vinegar

Cooking Spray

Herbs and Spices-all types-dry