

Suggested Donation List

"Feeding America's 2014 Hunger in America study found that while pantry clients want to have a healthy diet, they often must purchase inexpensive and less healthy foods to fit their budget. Less healthy foods (such as candy and soda) are often more accessible and affordable to pantry clients than the healthy foods that make up a balanced diet. Our goal is to provide access to these nutritious food options in order to promote greater wellness in our communities."

Fruits & Vegetables

- Low-sodium or water packed canned vegetables
- Canned fruits in 100% juice or lite syrup
- 100% fruit & vegetable juices
- Dried fruits & vegetables with no added sugar or fat



Grains

- Whole wheat pasta, barley, brown rice and wild rice
- Whole grain cereal & rolled oats



Proteins

- Low-sodium or water packed canned meats & seafood such as chicken, tuna, salmon & clams
- Dried beans, peas & lentils
- Low-sodium canned beans and peas such as kidney, black, cannellini, black-eyed & chickpeas



Cooking Staples



- Spices (not seasonings)
- Salt
- Vegetable or Olive Oils
- Low-Sodium/Added Sugar Sauces
- Low-Added Sugar/Sodium Salad Dressings

Personal & Household Care Items

- Male & Female Toiletries
- Toothbrush/Toothpastes
- Feminine Hygiene Products
- Toilet Paper/Paper Towel/Tissues
- Diapers (any size)
- Dishwashing Soap
- Laundry Detergent
- Storage Containers & Ziplock bags
- Aluminium Foil & Plastic wrap



Dairy

- Shelf stable unflavored milk (1% or 2%), powdered milk or evaporated milk.
- Shelf stable non-dairy alternatives such as soy & almond milk (unsweetened)



Kid Friendly Snacks

- Popcorn
- Pretzels OR Low-sodium Cheddar snacks
- 100% Juices (No Added Sugar)
- Low-added sugar granola bars

