

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 canned corn
Tomato mixtures such as seasoned diced tomatoes, Rotel (generic counterparts)
Vegetable mixtures such as cans of Margaret Holmes okra/corn/tomatoes. AVOID vegetable mixtures with added sugar and fat
Pickles
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 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)
Containers of grits
Cornmeal
Quinoa
Granola Bars

Healthy Proteins

Bags of dried beans
Bags of dried lentils
Bags of dried split peas
Canned beans
Bags or cans of black eyed peas
Jars of peanut butter or almond butter
Bags of nuts for cooking and single servings for children
Bags of seeds
Trail Mix for snacks for children-bags for after school or single serving for lunches

Healthy Condiments

Hot sauce
Salsa
Mustard
Pancake Syrup

Dairy Free Milks

Shelf Stable (no refrigeration required) soy milk and almond milk are most popular. Also available are coconut milk and cashew milk.

Other cooking items

Soy sauce
Vinegar
Cooking Spray
Herbs and Spices-all types-dry