



Food Pantry Wish List

Nutritious Foods to Donate to Food Pantries

Take this chart with you the next time you go grocery shopping. Use it to choose foods to donate to your local food pantry.

Grains

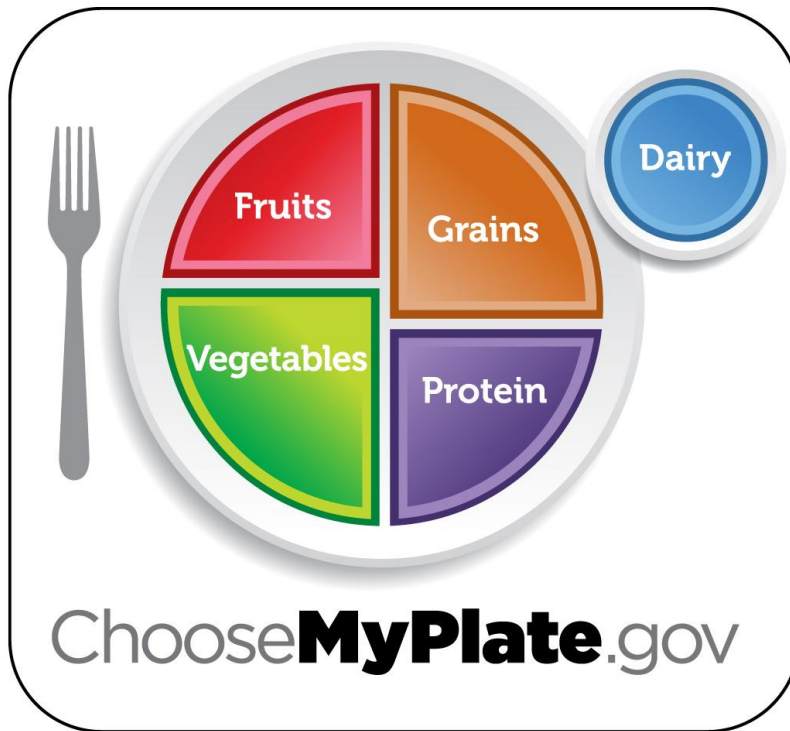
- Rice & rice mixes
- Macaroni & cheese mixes
- Canned pastas
- Noodle mixes
- Dry noodles & pastas
- Flour
- Cold & hot cereals
- Bran cereals
- Shredded wheat
- Whole grain crackers
- Bread & muffin mixes
- Pancake mix
- Oatmeal
- Granola bars

Vegetables

- Canned vegetables
- Vegetable soup
- Spaghetti sauce
- Fresh & frozen vegetables*
- Canned tomato products
- Vegetable juices

Fruits

- Fresh & frozen fruit*
- Applesauce
- Raisins
- Fruit leather, made from 100% fruit
- Dried fruits
- Canned & boxed 100% fruit juices
- Canned fruit



Dairy

- Powdered milk
- Evaporated milk
- Canned & boxed pudding
- Small boxes of sterile milk
- Instant breakfast drinks
- Fresh milk, yogurt & cheese*

Protein

- Peanut butter
- Beef stews
- Bean soups
- Baked beans
- Canned chicken
- Canned and dry beans
- Canned chili
- Canned tuna & salmon
- Fresh & frozen meat, poultry & fish*

Oils

- Mayonnaise
- Vegetable oils
- Salad dressings

* For any fresh or perishable items, contact your local food pantry directly.
Other non-food items are welcome, such as: grocery store gift certificates, paper products, household items, and toiletries.