

ONE CAN? U CAN!

SHOPPING LIST

READY TO EAT

Ravioli
Stew, Chili, Soups with Meat
Meal Kits (see notes on other side)
Macaroni and Cheese
Pasta and Sauce
Salsa
Whole-Grain Cereals
Instant Oatmeal

PANTRY

Rice (Dried or Pouch)
Instant Mashed Potatoes
Pancake and Muffin Mixes (that only require water)
Cooking Oil (Olive, Canola, etc.)
Spices (Salt, Pepper, Garlic Powder, Spice Blends, etc.)
Ketchup, Mustard, Dressings that do not require refrigeration

CANNED FOODS

Chicken
Fish (Tuna or Salmon)
Tuna Kits
Spam/Ham
Beans (Canned or Dried)
Vegetables
Fruit in Juice (not syrup)

SNACKS

Dried Fruit
Plain Crackers
Crackers with Peanut Butter
Crackers with Cheese
Nuts, Nut Mixes
Granola Bars

BEVERAGES

Shelf-Stable Milk (Box or Bag)
Juice Boxes (100% Juice)
Gatorade
Meal Replacement Drinks

THINGS TO AVOID:

Expired items or items that don't show an expiration date

Items no longer in their original packaging

Junk food (Candy, Fruit in Heavy Syrup)

Jars/Glass (might break in transit)

Items that need special equipment to open, such as a can opener

Foods that require other ingredients (milk, oil, etc.) unless you provide those ingredients

****Please check the expiration date on your items and leave in original packaging.****

Thank You!

All donations are distributed locally through after-school programs and partnering ministries.

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REQUESTS & TIPS FROM FOOD PANTRIES REGARDING FOOD DONATIONS:

MEAL KITS THAT DO NOT REQUIRE EXTRA INGREDIENTS

Kits that include canned meat, sauce, and pasta all in one box are great choices. This ensures the person receiving the kit can make the food without having to purchase additional ingredients.

PANCAKE AND MUFFIN MIX THAT ONLY REQUIRE WATER

Like meal kits, mixes that require additional ingredients such as oil or eggs sometimes make it more difficult for a person or family to make the food item.

CANNED MEAT

Tuna, chicken, salmon, spam or similar types of meat are excellent choices for donation. Potted meat blends, sardines, and similar choices are often donated because they are inexpensive, but these are difficult to get a child to eat no matter how hungry they are.

VARIETY OF CANNED FRUITS

Food pantries often get fruit cocktail and pineapple, but peaches, pears, cherries, or tropical fruit blends are welcomed.

BASIC STAPLE PANTRY ITEMS

Rice, dry beans, oil, and seasonings of all kinds are always welcome. Garlic, pepper, chili powder, etc., can make a meal much more palatable.

SHELF STABLE MILK

Families do not always have access to refrigeration. Shelf stable milk is a great choice to donate, especially individual serving sizes. These items are especially nice for families who cannot always afford the milk their kids need.

JUICE BOXES

100% pure juice is always needed at food pantries and is often sought by families of young children. Individual juices boxes are shelf stable and easier to portion out.

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