

## FROM Food Pantry Needs

You can help us provide healthy options in our pantry by donating food, personal care items (listed below) or by making a financial donation.

### FOOD

Dried unsalted nuts & seeds	Tortillas
Canned Vegetables <i>low sodium or no salt added</i>	Boxed or Bagged Cereal <i>low sugar or no sugar, whole grain</i>
Canned whole, diced, or crushed tomatoes <i>low or no sodium</i>	Olive or Canola Oil
Pasta Sauces	Peanut Butter
Canned Fruits <i>low sugar or no sugar added</i>	Healthy snack options <i>like whole grain lowsodium crackers, chips &amp; popcorn</i>
Brown Rice	Meats <i>canned, low sodium or no salt added</i> (tuna & chicken preferred)
Pasta	Ketchup
Whole wheat bread	Mustard
Whole grain granola bars	

### We Do Not Accept

cookies, baked goods, candy, soft drinks, dented or unlabeled cans or any expired items

### PERSONAL CARE ITEMS

Feminine Hygiene Products	Soap
Toilet Paper	Deodorant
Laundry Soap	Disposable Razors
Shampoo	Toothpastes

### FINANCIAL GIFTS

Financial gifts help us buy items wholesale or in bulk, as well as purchase fresh, local and seasonal foods to help every dollar go further.