



**THE MOST-NEEDED
NON-PERISHABLE ITEMS
FOR FOOD PANTRIES**

TOP NON-PERISHABLE FOOD ITEMS:

- **Canned proteins** (tuna, salmon, chicken, stew, chili).
- **Beans & legumes** (canned or dried: black beans, kidney beans, lentils, chick peas).
- **Whole grains and pasta** (brown rice, whole wheat pasta, quinoa, oats).
- **Canned vegetables** (low sodium) and canned fruits in juice, not syrup.
- **Peanut butter and other nut butters.**
- **Cooking oil** (olive, vegetable) and basic spices / seasonings.
- **Breakfast cereals** (low or no sugar, whole grain) and oatmeal.
- **Rice, pasta and sauce, boxed meals, macaroni and cheese.**
- **Soup, broth, ramen noodles** (low sodium).

DONATION TIPS:

- Check expiration dates and package – no dented, bulging or opened containers.
- Choose easy open lids (pop tops) if possible.
- Avoid glass containers.
- Include household essentials such as: diapers, toilette paper, hygiene items (toothpaste, shampoos, bath soap, feminine care products) and cleaning products.

Consider donating grocery store gift cards or cash.