

# **The best items to donate to our food pantries:**

## **FRUIT & VEGETABLES**

- Canned vegetables
- Diced tomatoes
- Instant potatoes
- Tomato or spaghetti sauce
- Canned fruit or Fruit juice (100%)
- Juice boxes
- Shelf-stable fruit cups
- Vegetable oil

## **GRAINS**

- Oatmeal
- Whole grain crackers
- All types of pasta, mac & cheese
- Low sugar / high fiber cereal
- Whole grain rice

## **DAIRY**

- Dry milk
- Evaporated milk
- Boxed shelf-stable milk

## **PROTEINS**

- Canned tuna fish or salmon
- Canned chicken
- Peanut butter
- Canned soup
- Canned baked beans
- Dried and canned beans/peas
- Canned chili or beef stew
- Canned spaghetti or ravioli

## **GIFT CARDS**

- Roche Bros.
- Shaw's
- Stop & Shop
- Hannaford
- Market Basket
- Family Dollar
- Price-Right