

FOOD PANTRY ITEMS TO DONATE

Suggested non-perishable food items to donate

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| ☐ Powdered milk | ☐ Crisco |
| ☐ Juice boxes | ☐ Vegetable or olive oil |
| ☐ Coffee (instant or ground) | ☐ All-purpose flour |
| ☐ Tea | ☐ Masa flour (also called Masa Harina) |
| ☐ Canned soups and broths | ☐ Corn meal |
| ☐ Canned vegetables | ☐ Grits (instant or quick-cooking) |
| ☐ Canned tomatoes (whole, diced or crushed) | ☐ Sugar (white or brown) |
| ☐ Canned tomatillos | ☐ Tortilla shells |
| ☐ Tomato paste | ☐ Mac & Cheese mix |
| ☐ Canned fruit | ☐ Crackers |
| ☐ Canned tuna | ☐ Pancake mix |
| ☐ Canned stews | ☐ Syrup |
| ☐ Canned beans (all types) | ☐ Peanut or Almond butter |
| ☐ Dried beans (all types) | ☐ Jellies or jams |
| ☐ Dried lentils | ☐ Honey |
| ☐ Dried barley | ☐ Nuts |
| ☐ Dried hominy | ☐ Granola bars |
| ☐ Quinoa | ☐ Beef jerky |
| ☐ Rice (white or brown) | ☐ Salt and pepper |
| ☐ Pasta | ☐ Dried herbs and spices |
| ☐ Pasta sauce | |
| ☐ Quick/rolled oats | |
| ☐ Cold cereals | |

Essential non-food items to donate (sometimes called SNAP Gap items).

When families do not have to purchase the items listed below, they can spend more of their resources on food.

If you travel frequently bring home the personal hygiene items often provided by hotels and donate them.

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| ☐ Paper towels | ☐ Bath soap or Body Wash |
| ☐ Toilet paper | ☐ Hand sanitizer |
| ☐ Facial tissue | ☐ Toothpaste and toothbrushes |
| ☐ Plastic garbage bags | ☐ Deodorant |
| ☐ Dish soap | ☐ Shampoo and conditioners |
| ☐ All-purpose household cleaners | ☐ Hand and body lotions |
| ☐ Laundry sheets (easier to store than large containers of detergent) | |