

United Way Food Pantry Wish List:

Nonperishable Items

Drinks:

Canned and boxed 100% juice
Infant Formula
Instant Breakfast drinks
V8 Juice Canned

Food:

Canned Tuna (light low mercury)
Canned or pouched Chicken
Canned or Dried Beans & Garbanzos
Canned Soup (Chicken, Beef, Vegetable, Bean)
Canned Spaghetti Sauce
Processed Cheese (parmesan)
Canned Vegetables
Peanut Butter (or soy butter)
Jelly
Pasta Sauce (jar)

Snacks:

Applesauce
Canned Fruit
Raisins
Boxed Jell-O
Boxed Pudding

Perishable Item Suggestions:

2% Reduced Fat Milk in a carton (Parmalat)
Rice and rice Mixes
Dry Noodles and Pasta
Macaroni and Cheese Mix
Cereal (less than 9 grams of sugar / more than 5 grams of fiber)
Infant Cereal
Whole-grain Crackers
Graham Crackers
Granola Bars
Instant Potatoes

Everyday Items:

Cooking oil (olive or canola)
Sugar
Honey
Salt

Hygiene:

Toilet Paper
Paper Towel
Diapers
Laundry Detergent
Dish Soap
Baby Wipes
Soap

Paper & Plastic:

Plates
Cups
Forks
Spoons
Knives