



# FOOD PANTRY DONATION WISH LIST

We graciously thank you for your support of the LCEC food pantry. We are committed to supporting the health and well-being of our pantry users and our community by offering healthier food choices at our pantry. Please assist us in stocking our food pantry with more nutritious foods and limiting donations of less nutritious foods.

*Please consider giving more of the following:*

## Fruits and vegetables:

Fresh or canned fruits, preferably in 100% juice  
Fresh or canned vegetables  
Applesauce, no sugar added  
Dried fruit, no sugar added

## Dairy:

Fresh or shelf stable milk, powered or UHT  
Cheese  
Yogurt  
Cottage Cheese  
Yogurt  
Soy milk

## Whole grains:

Whole grain and enriched pasta  
Brown or wild rice  
Whole grain cereal with low sugar content  
Oatmeal, grits  
Quinoa, barley, other healthy grains  
Whole grain granola bars

## Protein:

Fresh or canned meats packed in water or olive oil (chicken, tuna, salmon)  
Canned beans, low-sodium  
Nuts and seeds, low or no salt added  
Nut butter (peanut butter, almond butter)

## Other:

Canned soups and broths, low-sodium  
Olive, canola, or vegetable oil

## *Please limit donations of:*

Sugary drinks  
Candy  
Unhealthy snacks (chips, cookies, etc.)

## We do **not** accept:

Expired products  
Rusty or unlabeled cans  
Homemade items  
Noncommercial canned or packaged items  
Open or used items  
Alcoholic beverages

**Financial contributions help us stretch your gift and also purchase fresh items such as produce and dairy.**



# 10 MOST WANTED ITEMS

1. Canned beans, low-sodium
2. Canned tuna or salmon in water or olive oil
3. Fresh or canned vegetables
4. Fresh or canned fruits
5. Whole grain pasta
6. Brown or wild rice
7. Whole grain cereal
8. Olive oil
9. Lean proteins (fish, turkey, chicken)
10. Low-sodium soups or broths

Thank you for your consideration of donating to the LCEC pantry!

