



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!

