



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 shoppers and our community by offering healthier food choices at our pantry. Please consider prioritizing more of the following in your donation.

FRUITS AND VEGETABLES

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

PROTEIN

- Fresh or canned meats
- Canned beans, low-sodium
- Nuts and seeds, low or no salt added
- Nut butter (peanut butter, almond butter)

DAIRY

- Fresh or shelf stable milk, powdered or UHT
- Cheese
- Yogurt
- Cottage cheese
- Soy milk

FINANCIAL CONTRIBUTIONS HELP US STRETCH YOUR GIFT AND PURCHASE MORE FRESH ITEMS SUCH AS PRODUCE OR DAIRY.

WHOLE GRAINS

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

OTHER

- Canned soups or 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 items
- Homemade goods
- Open or used items
- Alcoholic beverages

10 MOST NEEDED ITEMS

1. CANNED BEANS, LOW-SODIUM
2. CANNED TUNA OR SALMON
3. FRESH OR CANNED FRUITS AND VEGETABLES
4. WHOLE GRAIN PASTA
5. BROWN OR WILD RICE
6. WHOLE GRAIN CEREAL
7. OLIVE OIL OR VEGETABLE OIL
8. LEAN PROTEINS (FISH, TURKEY, CHICKEN)
9. LOW-SODIUM SOUPS OR BROTHS
10. JUICE

Thank you for considering a donation to the LCEC Food Pantry!



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