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

WHOLE GRAINS
Whole grain or enriched pasta
Brown or wild rice
Whole grain cereal with low sugar content
Oatmeal, grits
Quinoa, barlet, 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

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