



Interfaith Food Pantry

Serving Morris County

“neighbors helping neighbors”

EVERYDAY PANTRY NEEDS

ALL are needed

<p><u>FRUITS & VEGETABLES</u> – Look for fruit canned in its own juice or with “no sugar added”. Look for vegetables with low sodium or “no salt added”.</p>	<p>Canned Fruit 100% Juice 32 oz. Canned Vegetables Spaghetti / Tomato Sauce, Tomato Products (crushed, whole, diced, paste, puree) Fresh Produce from your garden (uncooked)</p>
<p><u>GRAINS</u> – Donate whole grains as often as you can</p>	<p>Cereal – low sugar, high fiber Oatmeal Pasta/ Whole wheat Pasta Rice /Brown Rice – 1 or 2 lb. sizes</p>
<p><u>DAIRY</u> – Donate shelf-stable low-fat (1%) or non-fat dairy products</p>	<p>Parmalat (shelf stable 32 oz. size) Dry Milk (1-qt. package) Evaporated Milk Calcium-fortified Milk alternatives such as soy, rice or almond milks</p>
<p><u>PROTEIN</u> – Look for “no salt added”, “low -sodium” and “canned in water”</p>	<p>Canned Beans (Pork and Beans, Pinto, Red, White, not green beans) Dried Beans Tuna Fish, Salmon and other canned fish Peanut Butter, 18 oz. Canned Meats and Meals (ravioli, spaghetti & meatballs, hash, stew canned chicken etc.)</p>
<p><u>SIDE DISHES</u> –</p>	<p>Mac ‘n Cheese Instant Potatoes Stuffing Rice-A-Roni Hamburger Helper</p>
<p><u>SOUPS</u></p>	<p>Hearty, Low-Sodium, Regular</p>
<p><u>BABY ITEMS</u></p>	<p>Enfamil Infant Formula (NOT Newborn) Baby Food – Stage 1 Fruits and Stage 3 Vegetables & Meats Diapers 5 & 6 Pull Ups 4T & 5T Baby Wipes</p>
<p><u>SPECIALTY ITEMS</u></p>	<p>Gluten Free Products Boost or Ensure, regular Boost Glucose Control or Glucerna Adult Depends (no tabs) Tea (100 count boxes) Resealable sandwich bags and quart sized Plastic Bags</p>