



# LIST OF PANTRY ITEMS

UPDATED 9/2023

PANTRY IS OPEN TO ACCEPT DONATIONS EVERY SATURDAY FROM 11 TO 1 AT 12 ROXBURY ROAD, NIANTIC.

WE CAN ONLY ACCEPT UNEXPIRED FOODS. PLEASE CHECK EXPIRATION DATES.

**WE THANK YOU FOR HELPING US STOCK OUR PANTRY!**

## NON-PERISHABLE ITEMS

HIGH PROTEIN ITEMS ALWAYS NEEDED

MEALS IN A CAN: BEEF STEW, SOUP, CHILI

DINTY MOORE BEEF STEW, 28 OZ

HORMEL CHILI, NO BEANS 16 OZ

CHEF BOYARDEE CANNED RAVIOLI 16 OZ

TUNA, SOLID WHITE IN WATER 7 OZ

CANNED SOUP

PEANUT BUTTER

KIRKLAND BRAND CHICKEN BREAST IN WATER 12 OZ.

PASTA SAUCE

CANNED TOMATOES

BAKED BEANS

CANNED BEANS

CANNED FRUIT

CANNED VEGETABLES

CEREALS AND OATMEAL: LOWER SUGAR

WHITE RICE (BOXED, SMALLER SZ.)

PASTA

MAC & CHEESE

JAMS & JELLIES

POWDERED AND SHELF STABLE MILK

FRUIT JUICE (100% JUICE)

PACKAGED CRACKERS

PACKAGED COOKIES

BROWNIE MIX

CONDIMENTS: KETCHUP, MUSTARD, MAYO

GROUND COFFEE

DRY PET FOOD, SMALL BAGS

HEALTHY SNACKS FOR SCHOOL CHILDREN:

GRANOLA BARS, JUICE BOXES, APPLESAUCE, SMALL

PACKAGES OR BAGS OF SNACKS

## FREEZER ITEMS

GROUND MEAT, 1 POUND PACKAGES

HOT DOGS, ALL BEEF

CHICKEN PARTS, SMALL PACKAGES

VEGETABLES, 1 POUND BAGS

## HOUSEHOLD GOODS

PAPER TOWELS

TOILET PAPER, INDIVIDUALLY WRAPPED

BAR SOAP

LAUNDRY DETERGENT

DISH DETERGENT

SHAMPOO

TOOTHPASTE

TOOTHBRUSHES

## OTHER

GROCERY STORE GIFT CARDS

CLEAN SHOPPING BAGS, PAPER AND PLASTIC HANDLED WRAPPING PAPER, RIBBON, TAPE, FOR HOLIDAY STORE

## WEEKLY LIST & FOOD DRIVES

WE POST WEEKLY NEEDS, FOOD DRIVES, LATEST PROGRAMS AND OTHER CARE & SHARE NEWS ON OUR FACEBOOK PAGE. FOLLOW US @CAREANDSHAREEL

FOOD DRIVES ARE IMPORTANT TO CONTINUE OUR SERVICE! PLEASE CONTACT OUR FOOD DRIVE TEAM IF YOU ARE PLANNING A FOOD DRIVE. PLEASE CALL OUR MAIN NUMBER AND LEAVE A MESSAGE SO SOMEONE CAN CALL BACK.