



MASTER LIST OF PANTRY ITEMS

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 (SMALLER PACKAGES)

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:

DEB TEDFORD @ DATEDFORDCT@GMAIL.COM.