

When you complete your Sign-up for your Food Pantry Visit, please share with us which of these items you would do and do not want.

What is in a typical box:

If you do not want any of these items, please let us know on your Sign UP by writing them into the section labeled “DO NOT WANT”

Groceries

Tuna
Dried fruit/nuts
Cereal
Tomato/Spaghetti Sauce
Juice
Pasta
Rice
Snacks

Hygiene

Toilet Paper
Paper Towels

In addition to these items, **everyone will receive a seasonal box of produce and have a choice of dairy and frozen ideas when they come put pick up their order.**

Our typical WINTER produce box includes (but is not limited to) potato, onion, carrots, fruit (apples, oranges).

Items by Request:

Below are some of the items you can add to the standard box. We might not always have these exact items in stock, but we usually should have them. If we don't, we will try our best to provide a suitable substitute, unless you mark no substitute.

You may request them on your Sign Up in the section labeled “DO WANT”

Groceries

Canned salmon
Canned chicken
Soups/broths
Jelly products
Peanut butter
Canned beans
Dry beans
Ketchup
Salad dressing
Oatmeal packets
Instant oatmeal
Baking items

Groceries Cont.

Canned vegetables
Oil or olive oil
Tomato paste
Shelf stable milk
Instant mashed potatoes
Rice mixes
Ramen
Mac and cheese
Tea
Ground coffee
K-Cups
Whole bean coffee

Hygiene

Shampoo
Conditioner
Body wash
Body soap
Deodorant
Toothbrushes
Tampons
Menstrual pads
Incontinence pads
Tissues

Household

Dishwashing soap
Laundry detergent
All-purpose cleaner

Specialty Diet

Gluten-free items
Low sugar
Milk alternatives
Nutritional drinks