

Healthy Options Donation List

TOP 11
NEEDS



1. CANNED FRUIT

Packed in juice, not heavy syrup

2. PROTEIN

Canned tuna, chicken, and salmon, etc.

3. OTHER PROTEIN

Canned beans, peanut butter

4. CEREAL

Whole grain/lower-sugar cereals

5. CANNED SOUP

Healthy choices, lower sodium

6. RICE

Individual 1-2 lb bags

7. TOMATO/PASTA SAUCES

8. CARBOHYDRATES

Whole grain pasta, macaroni and cheese, etc.

9. CANNED VEGETABLES

10. KIRKLAND (COSTCO) TOILET PAPER

11. PERSONAL CARE

PRODUCTS

Diapers, Wipes, Feminine Care Products, Shampoo, Toothbrushes, Toothpaste, Soap

Weinberg Food Pantry

Drop off hours:

Monday through Thursday, 8:15 a.m. to 4:45 p.m. | Friday, 8:15 a.m. to 4:30 p.m. Please ring the doorbell.

3201 South Tamarac Drive, Denver, CO 80231