



Northshore Nourishing Network

Many Food Banks have 'Most Needed' lists to guide donors. Here are some other suggestions, and some guidelines for donating to Little Free Pantries. Please ... no expired, opened, damaged, perishable items. Thank you.

Canned soup, especially the chunky varieties
Canned meals (beef stew, chili, etc)
Canned meat (chicken, tuna)
Canned beans (black, pinto)
100% juice (boxes, plastic bottles)
Canned sweet corn
Canned fruit in 100% juice
Dried beans
Rice (white, whole grain)
Jars of jam
Cans of tomato sauce; diced tomatoes
Boxes of breakfast cereal
Cooking oil (canola, vegetable)
Vegetable shortening ('Crisco')
Jars/packages of dried herbs
Dried peppers
Sunflower seeds
Nuts

Things to seriously consider:

Cans/cartons of broth (chicken, vegetable, beef)
Flour (all-purpose, Masa, chickpea)
Sugar
Salt
Cartons of shelf-stable milk (regular, soy, almond, rice)
Cans of evaporated milk
Dish soap *
Bar soap *
Laundry detergent *

Special Notes for Little Free Pantries: shelf space in these is limited so stick with 14 oz cans of soup, chili, beans, tomatoes etc. For juice, cooking oil etc., quart sized bottles are best. For dish soap, 25 fl oz bottles are a good fit, as are 50 fl oz bottles of laundry detergent. For all items marked * unscented brands are preferred.

October 2020