

Suggested Donation List for North Light Community Center's Food Pantry

- Breakfast Food (whole grain cereal, pancake mix, rolled oats)
- Protein (canned tuna, salmon, sardines, chicken, ham, beans, lentils, peanut butter (if possible, natural without hydrogenated oil))
- Fruits (packaged fruits or fruit juice, dried or stored in its own juice instead of high fructose corn syrup), jelly (popular flavors are grape or strawberry)
- Canned Vegetables (corn, green beans, peas, beets, diced tomatoes, or other vegetables)
- Whole Grains (such as brown rice, quinoa, pasta, whole grain cereal, rolled oats)
- Pasta Sauce
- Boxed Mashed Potatoes
- Broth or Gravy
- Canned or Dried Soups (low sodium)
- Canned Milk (evaporated)
- Condiments (salad dressing, BBQ sauce, ketchup, mustard, mayo, etc.)
- Crackers
- Paper Goods (paper towels, toilet paper, tissues, napkins)
- Personal Hygiene Items (bath/hand soap, toothpaste, toothbrushes, shampoo, skin lotions/moisturizers)
- Baby Items (disposable diapers (sizes 2-5), shampoo, powder (corn starch-not talc))
- Cleaning Products (dish liquid, laundry soap, cleaning pads/sponges/scrubbies, other cleaning products)