

**Suggested Donation Items**

Sister Josie’s Food Pantry accepts nearly all types of food product, including nonperishable items and produce. Please also consider nutritional food items that are low in sodium/salt and sugar.

**GRAINS FRUITS AND VEGETABLES**

Breakfast cereal Canned vegetables

Oatmeal Canned fruits

Pasta Shelf-stable vegetable or fruit juice

Rice Diced tomatoes

Crackers Tomato sauce

Flour Spaghetti sauce

Grits Dried fruits

Healthy snacks Fruit cups

**MILK**  **PROTEINS**

Shelf-stable milk Canned meat (tuna and chicken)

Evaporated milk Dried beans, lentils, or peas

Dry milk Canned beans

 Canned chili

**COOKING OIL**  Peanut butter

Olive oil Nuts

Canola oil Trail mix

Coconut oil Canned soups/stews

Vegetable oil

**We also accept: Items for the Homeless**

Disposable masks Single Serving Items for homeless

Hand sanitizer Individual cheese and crackers

Paper products Individual tuna or chicken with crackers

Diapers Granola bars, breakfast bars, protein bars

Toiletries Individual bag of nuts

Bottled water Small Pop-Top Cans for homeless

Cleaning products Individual ready to eat ravioli or pasta

Cleaning products Individual ready to eat mac n cheese

 Individual chili