

MOST WANTED ITEMS

DONATE TO SUPPORT WELLBEING

SHELF-STABLE ITEMS

1 CANNED OR DRY BEANS

15oz or 1LB PLANT-BASED PROTEIN



2 CANNED FRUIT & VEGETABLES

VEGETABLES- LOW SODIUM, NO SALT
FRUIT - IN ITS OWN JUICE



3 CANNED TUNA, SALMON, OR CHICKEN

PACKED IN WATER



4 GRAINS

BROWN OR WHITE RICE, PASTAS, BARLEY, QUINOA



5 PEANUT BUTTER

NATURAL WITH ONLY PEANUTS AND OILS IN INGREDIENT LISTS



6 SHELF-STABLE MILK

LOW-FAT MILK, ALMOND, NUT OR OAT MILKS



7 SUGAR-FREE HOT & COLD CEREALS

OATS, CORN FLAKES, FARINA, OR GRITS



LOW SODIUM, LOW SUGAR, HIGH FIBER, WHOLE GRAINS PREFERRED

Collect and Donate Items From the List Above or [Send a Food Donation](#)

(https://smile.amazon.com/hz/charitylist/ls/FF57M7VHQ67R/ref=smi_cl_ls_lol_ls)

For more information about food donations email foodrescue@nycommonpantry.org or visit our website at www.nycommonpantry.org.