



## FOOD PANTRY DONATION LIST

### **What food you CAN donate to Oak Grove UMC's Food Pantry?:**

**Any food that is "shelf-stable" or nonperishable – you can keep it in your pantry, and it won't go bad.**

Below is a list of items to consider donating. It's not an exhaustive list, but it covers much of what our food pantry regularly needs.

- applesauce, jams, jelly, etc.
- boxed dinners, like tacos, pizza kits, Hamburger Helper, etc.
- beans, canned or dried
- cereal
- chicken, canned
- cooking oils, olive, and canola
- crackers
- fish, canned tuna or salmon
- fruit, canned or dried (choose those that are packed in water or fruit juice rather than sugary syrups)
- granola bars
- herbs and spices, dried (stick to basics, like oregano, basil, cumin, pepper, rosemary, thyme and cinnamon)
- Food in jars (sauces, pickles, mayo, etc.)
- mac and cheese mix, boxed
- meat, canned SPAM or Ham
- milk, shelf-stable or powdered
- nuts
- pasta (noodles, ramen, etc.)
- peanut butter
- potatoes, instant mashed
- rice
- shut, stew and chili, canned
- vegetables, canned

### **What not to donate:**

- Expired food, only donate food that hasn't reached its "use by" or "sell by" date.
- Food with packaging concerns: food with damaged packaging such as dented or bloated cans, packaging that has been opened.
- Items requiring refrigeration.