

Most requested (and least available) at St. Teresa Food Pantry

Soups: Heary canned stews, soups or chili (pull-top cans)

Individually wrapped rolls of toilet paper.

Needs at Every Food Pantry

Pantry staples

Proteins: Canned tuna, chicken, salmon, or other meats (low-sodium versions are preferred); Peanut butter and other nut butters; Dried or canned beans and lentils (low-sodium or no-salt-added canned options are best)

Grains: Brown rice, whole-wheat pasta, and other whole grains like quinoa; Oatmeal and whole-grain cereals (unflavored or low-sugar)

Meal-building items

Canned goods: Low-sodium canned vegetables and fruit packed in its own juice or water (pull top cans)

Sauces: Pasta sauce and salsa

Baking: Baking mixes for muffins, pancakes, cakes, or bread

Spices: Salt, pepper, dried herbs, and spices to add flavor

Oils: Cooking oil like olive oil

Other useful donations

Hygiene and personal care: Toiletries, soap, shampoo, and feminine hygiene products are in high demand. – Full sized items are welcome.

Baby needs: Baby formula and baby food.

Other: Granola bars, crackers, and instant mashed potatoes.

Note: Bread, crackers, and shelf-stable milk make many of these other items more useful.