Food Pantry Accepted Items:

**Items Accepted:**

- Canned goods with pull tabs:
  - Fish/chicken
  - Vegetables
  - Beans
  - Pasta sauce
  - Soup/stew
- Instant oatmeal
- Instant mashed potatoes
- Individual microwave rice/pasta
- Microwave-ready meals (easy mac, cup'o'noodles, etc.)
- Hamburger/Tuna helper
- Crackers
- Individual packed nuts/trail mix
- Granola bars
- Dried fruit
- Peanut butter
- Applesauce (pouches or cups)
- Water bottles
- Shelf-stable milk
- Shelf-stable protein drinks
- Baby food (baby cereal and plastic tubs, no glass jars)
- Toiletries
  - Travel-sized goods (hair care, lotion, soap, etc.)
  - Deodorant
  - Toothbrush
  - Bar soap
  - Sunscreen
  - Bug spray
  - Socks (all sizes)

**Items NOT Accepted:**

- Cans without pull tabs
- Dried pasta
- Expired goods
- Refrigerated goods
- Fresh produce
- Baked goods
- Glass containers
- Previously opened items/damaged packaging
- Leftovers/already made meals