



FOOD PANTRY ACCEPTABLE FOOD DONATIONS

Food Pantry Items that are Healthy and Safe for Cancer Patients.

We can **ONLY ACCEPT THE ITEMS LISTED BELOW**. Please check this list and expiration dates before making any food donation to our food pantry.

We are not able at this time to take fresh produce or Meat/Dairy. Non-Perishable only

DRIED BEANS:

- Black beans
- Black chickpeas
- Cannellini Beans
- Chickpeas (Garbanzo Beans)
- Cranberry Beans
- Fava Beans
- Edamame
- Flageolet Beans
- Gigante Beans
- Great Northern Beans
- Kidney Beans
- Lima Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Soybeans

DRIED LENTILS:

- Split Peas
- Mung Beans
- Green Lentils
- Brown Lentils
- Red Lentils
- Yellow Lentils
- Black Lentils

GRAINS & STRACHES:

- Oatmeal
- Whole Grain Cereals
- Brown rice
- Quinoa

- Whole Grain Pasta
- Whole Grain Crackers
- Ready to drink meal replacement shakes

FRUITS:

- Unsweetened applesauce
- Dried Fruits – Prunes
 - Raisins
 - Cranberries
 - Apricots
 - Dates
- Canned fruits in juice (not syrup)-
 - Peaches
 - Pears
 - Mandarin oranges
 - Pineapple
 - Fruit Cocktail

VEGETABLES:

- Low sodium options
 - Spinach
 - Tomatoes (no sugar)
 - Corn
 - Pumpkin
 - Peas
 - Green cut beans
 - Carrots
 - Beets
 - Mixed Vegetable
- Shelf-stable vegetable juices

PROTEIN- RICH FOODS:

- Mixed Nuts (RAW) -low sodium
- Protein powder-
 - Whey
 - Plant-based
- Natural
 - Nut Butters- (airtight)
 - Almond
 - Peanut
 - Cashew
 - Tahini
 - Hazelnut
- Canned Fish -

Salmon Tuna Sardines (high in omega –3s) ▫ Canned Chicken (low sodium)
OTHER NUTRITIOUS OPTIONS: ▫ Natural Honey ▫ Coconut Water ▫ Green Tea ▫ Bone broth (shelf-stable) ▫ Fortified non-dairy milks (shelf-stable)

When selecting foods, keep the following tips in mind:

-LOW SODIUM

- No Syrup

-NO ADDED SUGARS

-PRODCTS WITH LIMITED PRESERVATIVES

-EASY TO OPEN PACKAGING

-PORTION CONTROL