

## Donation ideas to Cornerstone's Little Free Pantry

When shopping for/considering items to donate to any food pantry, try to find foods that are or are close to ready-to-eat, that is with minimal additional items needed to prepare. Include low or no sodium items and gluten-free for those that may have dietary restrictions! Also, check expiration dates and opt for pop-top cans when available. Below are examples of items that would work well in our all-weather pantry.

- Baby formula, infant cereal, and pouches of baby food
- Canned tuna and salmon
- Canned ham and SPAM
- Canned chicken and turkey
- Beans and lentils (canned or dried)
- Canned soups, stews, and chili
- Beef jerky
- Peanut butter
- Nuts and seeds
- Powdered milk or UHT milk
- Protein bars
- Velveeta and other shelf-stable cheeses
- Canned and dried fruits
- Applesauce and juice boxes
- Canned vegetables (including canned tomatoes)
- Rice (especially instant brown rice) and quinoa
- Pasta (especially whole grain)
- Pasta sauce (especially with meat)
- Canned meals (ravioli)
- Baked beans
- Dry soup (Ramen noodles)
- Instant mashed potatoes (made with water)
- Macaroni and cheese (preferably with a pre-made cheese sauce, like Velveeta shells and cheese)
- Oatmeal and cereals (whole grain, low sugar)
- Granola bars and trail mix
- Popcorn and crackers
- Baking mixes, especially muffin and cornbread (made with water)
- Pancake mixes (made with water) and syrup
- Cornmeal



- Meal kits like tacos and hamburger helper (that we can pair with canned chicken!)

*Important to remember are the following items:*

- Toiletry items to include (for adults and kids)- body wash, bar soap, shampoo, conditioner, deodorant, tooth brushes, tooth paste
- Feminine hygiene products- pads, tampons, and liners
- Baby diapers and adult incontinence products

Nice to have:

- Coffee, tea, cream, and sugar
- Pet food
- Household products- paper towels, dish soap, laundry detergent and dryer sheets

List adapted from <https://www.culinaryhill.com/food-donations/> and others, accessed 8/27/2023