

Each week what we offer may vary but the following items are often available. When you complete your Sign-up for your Food Pantry Visit, please share with us which of these items you would prefer or really do not want **We can not guarantee all of the items will be available but we will do our best.**

What is in a typical box:

If you do not want any of these items, please let us know on your Sign UP by writing them into the section labeled “DO NOT WANT”

Can Goods

Can Vegetables
Applesauce/dried fruit

Shelf stable milk 1%
Tomato sauce
Canned fish
Canned beans

Meats – Frozen

Chicken
– parts
– whole
Ground Beef
Ground Turkey

Dairy
Eggs
Milk – whole or 2%
Cheese

Boxed Goods/Cleaning

Juice
Cereal/oatmeal
Rice/pasta
Snacks
Toilet paper
Paper towels

In addition to these items, everyone will receive a box of produce that is packed with fresh fruits and vegetables in season

Items by Request:

We try to keep the following items in our inventory. You may request them on your Sign Up in the section labeled “DO WANT”

We can not guarantee they will all be available and will do our best

Hygiene/Cleaning

Diapers -adult or youth
Feminine products
Wipes
Toothbrush/paste
Body soap – bar/liquid
Shampoo
Laundry soap
Dish liquid
Spray Surface Cleaner
Kleenex/Tissue
Razors

Grocery

Oil
Ensure/nutrition drink
Butter
Yogurt
Bread
Fish – frozen
Mac & cheese
Easy prepare meals
Soup

More Grocery...

Baby Food
K-cup Coffee
Cake Mixes & Frosting
Gluten Free Products
Baking items – flour, sugar
Frozen dinners
Coffee/tea
Peanut butter/jelly

****To add specific requests to your order, please use the Sign Up to make an appointment. After you select your appointment time, follow the instructions on the diagram below to write what you DO and DO NOT want. You may also phone the Council to make an appointment and ask us to add the notes to your order – call 781-444-2415**