

# MOST WANTED ITEMS

## DONATE TO SUPPORT WELLBEING

### SHELF-STABLE ITEMS

#### 1 CANNED OR DRY BEANS

15oz or 1LB PLANT-BASED PROTEIN



#### 2 CANNED FRUIT & VEGETABLES

VEGETABLES- LOW SODIUM, NO SALT  
 FRUIT - IN ITS OWN JUICE



#### 3 CANNED TUNA, SALMON, OR CHICKEN

PACKED IN WATER



#### 4 GRAINS

BROWN OR WHITE RICE, PASTAS, BARLEY, QUINOA



#### 5 PEANUT BUTTER

NATURAL WITH ONLY PEANUTS AND OILS IN INGREDIENT LISTS



#### 6 SHELF-STABLE MILK

LOW-FAT MILK, ALMOND, NUT OR OAT MILKS



#### 7 SUGAR-FREE HOT & COLD CEREALS

OATS, CORN FLAKES, FARINA, OR GRITS



**LOW SODIUM, LOW SUGAR, HIGH FIBER, WHOLE GRAINS PREFERRED**

Collect and Donate Items From the List Above or [Send a Food Donation](#)

[https://smile.amazon.com/hz/charitylist/ls/FF57M7VHQ67R/ref=smi\\_cl\\_ls\\_lol\\_ls](https://smile.amazon.com/hz/charitylist/ls/FF57M7VHQ67R/ref=smi_cl_ls_lol_ls)

For more information about food donations email [foodrescue@nycommonpantry.org](mailto:foodrescue@nycommonpantry.org) or visit our website at [www.nycommonpantry.org](http://www.nycommonpantry.org).