NEEDED:

Proteins

Drop off canned tuna, salmon, chicken, SPAM, ham, and other shelf-stable meats and fish and vegetarian sources of protein such as canned or dried beans (think: black, pinto, kidney beans, chickpeas, etc.) and peanut butter.

Grains

Pick up white and brown rice, pastas (any shape! Whole wheat is great!), quinoa, and barley.

Canned Goods

Buy canned vegetables without added salt; canned fruit packed in juice or water; soups, stews, and chili; canned diced and stewed tomatoes; and low sodium broths. Some pantries note that pull-tab containers are helpful.

Cooking Staples

Look for cooking oils (olive, vegetable, and canola), pasta sauces, salsas, and jams and jellies, and baking staples such as flour, sugar, and baking powder and soda.

Shelf-Stable Milks

Peruse the organic section of your grocery store for soy, almond, rice milk that doesn't need to be refrigerated.

Snacks

Drop off granola bars, dried fruit, nuts, crackers, puréed fruit and veggie pouches, and other healthy snacks.

Boxed Meals

Prioritize shelf-stable basics like pasta, rice, and soup kits, especially options that are lower in sodium and higher in fiber and protein.

Spices

Salt, pepper, garlic powder, onion powder basil, oregano, and bay leaves and all other spices.

Don’t forget cinnamon and other baking spices.