



The following items are needed for the
SHCC Food Pantry

If you have any questions, please feel free to contact us 862.6342.

KINDLY CHECK THE EXPIRATION DATES, AS EXPIRED FOODS ARE NOT DISTRIBUTED.

Cereals (low-sugar)

Canned Protein

- Tuna
- Salmon
- Chicken
- Ham
- Beans

Vegetables (canned or boxed)

Fruit (canned or boxed)

Soups (canned or boxed)

Peanut Butter

Jelly and Jam

Pasta Sauce

Canned tomatoes

Boxed Macaroni & Cheese

Grains

- Rice
- Barley
- Quinoa

Canned Meals

- Chili
- Macaroni & Cheese
- Ravioli

Pasta

- Spaghetti
- Elbows

Personal Care Products

- Toothbrushes
- Toothpaste
- Laundry Detergent
- Shampoo
- Tissue

Diapers (all sizes)

Diaper Wipes