



Healthy Pantry Donations

While the CCM Food Program appreciates all donations of food, we are committed to supporting the health and well-being of our community; therefore, we encourage healthy food donations to support the people and families who depend on this pantry to help meet their nutritional needs.

We provide the list below for churches, businesses, civic organizations, volunteer groups, and others who are interested in donating food and advocating for the improved health and well-being of our community.

IMPORTANT NOTES RE: FOOD DONATIONS

- Please avoid high-fat, high-sugar, high-sodium foods!
- Please check expiration dates. We accept and distribute non-perishables that are no more than 1 year past the "best by" date (3 months for cereal, crackers and cookies), but not past any "used by" date.
- Please, no commercial-size containers and #10 cans! Most of our clients have limited pantry and refrigerator space. Share those with a soup kitchen.

Requested foods:

<p>Fruits & Vegetables</p> <ul style="list-style-type: none"> ● Fresh vegetables, whether from a store or garden, are always welcome! Favorites are tomatoes, squash, peppers, potatoes (white and sweet) and cucumbers ● Fresh fruits also are welcome! ● Canned low-sodium vegetables ● Low-sodium spaghetti/pasta sauce, no sugar added ● Low-sodium canned tomatoes, tomato sauce, and tomato paste ● Canned fruits in 100% juice or water ● Dried fruits and vegetables, no added sugar ● Frozen fruits and vegetables, no sauces or seasonings <p>100% Whole Grains</p> <ul style="list-style-type: none"> ● Whole grain bread, pasta, tortillas, crackers ● Oats and Oatmeal (ideally unsweetened) ● Brown rice ● Whole grain cereal, less than 6 grams sugar 	<p>Proteins</p> <ul style="list-style-type: none"> ● Dried beans, peas, and lentils ● Canned beans, low-sodium ● Canned tuna, salmon, chicken packed in water, low-sodium ● Peanut butter or other nut butter, no sugar added ● Nuts and seeds, unseasoned, low-sodium ● Eggs, including home-raised ● We welcome fresh and frozen meat or chicken that is store-purchased or has been butchered and packaged in a state-licensed processing facility. <p>Dairy</p> <ul style="list-style-type: none"> ● Shelf-stable milk (UHT, powdered, or canned evaporated), low-fat or skim ● Cheese <p>Other</p> <ul style="list-style-type: none"> ● Soup and Broth, low-sodium/heart-healthy ● Toilet Paper and Paper Towels ● Diapers
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