



## H&R MFRC Community Pantry Donation Suggestions

Thank you for supporting the Community Pantry! Drop off items at our Halifax (Windsor Park) site during business hours.

The following items are greatly appreciated. Please note this is not an exhaustive list. Products must be in good unopened condition and must not be expired.

### Grains / Whole Grains

- Oats
- Whole grains
- Rice
- Pasta
- Cereals
- Crackers
- Granola bars
- Pancake mix
- Popcorn

### Protein Foods

- Peanut butter or other nut butter
- Canned beans, lentils
- Dried legumes
- Canned fish
- Textured Vegetable Protein
- Canned chili
- Evaporated milk
- Canned milk
- Shelf-stable milk or plant-based alternatives

### Vegetables and Fruit

- Canned vegetables
- Canned fruits
- Unsweetened applesauce
- Canned vegetable soups
- Tomato sauce
- Diced tomatoes

### Lunch Snacks

- Granola Bars
- Cookies
- Pudding Cups
- Juice boxes

### Pantry Staples

- Salad dressings
- Salsa
- Vegetable oils
- Lemon juice
- Vinegar
- Basic spices
- Tea and coffee
- Bouillon cubes
- Canned soups for recipes
- Condiments

We also accept some personal items such as new, unused hygiene items, mittens, socks, and hats. We do not accept used clothing or used toy donations. Cash donations are also welcome and will be used to purchase staple items for the pantry.