



Suggested Donation List for Pantries in Sheboygan County

Donating foods with nutritional value helps families stay well. Select whole grain, low sodium, and/or low fat products, when possible, that are either not at-or-near their expiration date. Acceptable donations should be non-perishable, meaning only foods which are not likely to spoil without refrigeration. Foods in unbreakable containers provide a safe transfer to-and-from the pantry.

Consider providing food for a meal for a family of four. Below are some suggestions for needed food donations.

Thank you for your generosity!

Protein Foods

Peanut butter
Meats, canned (fish, tuna, salmon, beef stew, chicken, ham)
Canned soups (chili, bean, chicken, etc.), low sodium
Canned complete meals, low sodium
Canned beans including baked and refried

Fruits and Juices

100% fruit juices in plastic bottles, cans, juice boxes
Canned fruit in light syrup or no sugar added
Fruit in plastic containers, light syrup or no sugar added
Unsweetened Applesauce in plastic containers
Raisins and other dried fruits

Milk Products

Shelf-stable milk (powdered, evaporated)

Vegetable Products

Vegetable juices, low sodium
Canned vegetables, low sodium
Canned vegetable soups, low sodium
Canned tomato sauce, tomato paste, pasta sauces
Instant mashed potatoes and potato side dishes

Grains

Cereals, whole grain, low sugar
Oatmeal and other hot cereals, instant and regular
Tortillas, corn, 100% whole wheat
Pancake mixes that require only water
Muffin mixes
Rice - brown, whole grain
Graham and whole grain crackers
Pasta, whole grain spaghetti, lasagna, noodles
Low fat breakfast bars
Taco kits, macaroni and cheese, etc.
Pretzels, lite microwave popcorn, other light snacks

Accompaniments/Other

Honey
Oils - canola, vegetable, olive oil
Jams and jellies low in sugar
Boxed instant and regular puddings
Pancake syrup
Coffee (instant or other), tea bags
Canned soups or dry packages of soup mix
Staples - salt, pepper, spices, sugar, flour
Salad dressings, catsup, mustard, light mayonnaise in plastic containers

Consider donating a meal for a family of four! Here are a few examples:

Oatmeal with Raisins
Fruit Juice

Chili
Whole Grain Crackers
Milk

Mac and Cheese with Tuna
Canned Fruit
Pudding
Coffee, Tea, Milk



Check with pantry managers to see if they accept non-food items. Below is a suggested donation list.

Dental Floss, Toothbrushes, Toothpaste, Mouthwash	Shampoo and Conditioner Combs and Brushes	Baby Products (Soap, Shampoo, Lotions, Diapers – Disposable, Wipes)
Soap, Body Wash & Deodorant	Feminine Products – Pads and Tampons	Laundry Soap & Dish Soap
An All Purpose Cleaner	Toilet Paper & Facial Tissue	Household Cleaning Products
Shaving Cream, Sunscreen	Band-Aids	Paper Towels

This list is made available through the collaboration of efforts with the Sheboygan County Food Bank, the pantries & United Way of Sheboygan County.

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