

Donation Wish Lists

Kid-Friendly
Foods

Ready-to-Eat
Foods

Pantry
Essentials

Culturally
Inclusive

Vegetarian
Staples

Healthy
Choices

Holiday &
Seasonal



Kid-Friendly Foods

Easy to prepare snacks and meals:

- Cereal
- Granola bars
- Macaroni & cheese
- Applesauce, fruit cups
- Crackers, graham crackers
- Instant oatmeal
- 100% juice, juice boxes
- Shelf-stable yogurt, pudding cups
- Fruit snacks
- Shelf-stable boxed milk



Ready-to-Eat Foods

**For Unhoused Clients or those with
limited cooking access:**

- Pop-top cans of chili, stew, ravioli
- Protein bars, granola bars
- Meal replacement shakes
- Tuna & chicken salad kits
- Canned meats
- Peanut butter & jelly
- Nuts, dried fruit, trail mix
- Shelf-stable boxed milk
- Bottled water
- Electrolyte drink packets
- Plastic utensils & napkins



Pantry Essentials

Helpful items that are always in demand:

- Peanut butter & nut butters
- Canned tuna, chicken, or salmon
- Canned beans
- Rice (white, brown, jasmine)
- Pasta & pasta sauce
- Shelf-stable milk (dairy or dairy-free)
- Canned vegetables (low-sodium)
- Canned fruit (in juice, not syrup)
- Cooking oil (olive, vegetable, canola)
- Whole grain cereal & oatmeal



Culturally Inclusive

To serve diverse communities:

- Noodles (soba, udon)
- Rice (basmati, jasmine, brown)
- Dates & dried fruits
- Coconut milk
- Canned tomatoes & tomato paste
- Shelf-stable tortillas
- Shelf-stable soy sauce & hot sauce
- Canned Halal-certified meats
- Kosher or Halal-certified soups/broths
- Spices (cumin, turmeric, oregano, coriander, chili powder)



Vegetarian Staples

Meat-free & plant-based options:

- Canned beans & lentils
- Shelf-stable tofu & veggie proteins
- Shelf-stable, plant-based milk (soy, almond, oat, coconut)
- Nut butter (peanut, almond, sunflower)
- Whole grain pasta & brown rice
- Canned vegetarian-friendly soup
- Nuts, seeds, and trail mix
- Canned tomatoes & tomato paste
- Dried fruit & sugar-free applesauce
- Vegetable broth



High-protein, low sodium, low sugar:

- Whole wheat pasta & brown rice
- Low-sodium canned goods
- No-sugar-added fruit cups
- Dried fruit (raisins, cranberries, apricots)
- Unsalted nuts & seeds
- High-protein canned beans & lentils
- Whole grain crackers & granola bars
- Shelf-stable plant-based protein (tofu, soy, quinoa)
- Shelf-stable plant-based milk (soy, almond, oat, coconut)



Holiday & Seasonal

Helpful items for common holiday sides:

- Canned pumpkin
- Canned cranberry sauce
- Boxed stuffing mix
- Instant mashed potatoes
- Gravy packets (low-sodium)
- Holiday cookie mix
- Baking mixes
- Cooking oil (olive, vegetable, canola)
- Shelf-stable eggnog or non-dairy alternatives
- Hot chocolate mix & tea