



Common Pantry provides emergency food and personal items to about 1,000 persons per month. We host distribution sessions every Wednesday afternoon and evening as well as Thursday afternoon, inviting clients to select some items on their own in our shopping area. We do our best to stock the products most needed and wanted by families. Thanks to our generous donors, we are well stocked with many items.

Following is a list of food and personal care items that are most in need right now. If you are collecting some things on your own, or participating in a food drive, we hope you will include items on this list. Please remember to check expiration dates (we cannot distribute expired food) and consider buying modest size products (e.g. a few 24 oz containers of cooking oil are preferable to one 64 oz. container). We're also focusing on providing more nutrient-dense foods to help our neighbors even more, so we hope you're willing to join us in this effort with being mindful with your own donation.

Foods	Personal Care Items
Cereal (whole grain, less sugar varieties) Nuts Brown rice Jelly/Jam (low sugar) Peanut butter (natural, no hydrogenated oils) Cooking oil Pasta sauce (low sodium) Soup (low sodium) Easy prep meals (i.e. Hamburger Helper, look for low sodium or whole grain varieties if possible) Ground coffee	Toothpaste Deodorant Disposable razors Shampoo Conditioner Mouthwash