

Red Wagon Food Pantry Suggestions

When shopping, select items that are high in protein, whole grain, low sodium, and low sugar for the most nutritious impact. Green and eco-friendly personal / paper products are a bonus.

Canned Stews, Chili, Soups, reduced sodium

Canned Light Tuna or Chicken

Dried or Canned Beans

great northern, black, kidney, navy, garbanzo

Canned Veggies

low sodium tomatoes, asparagus, spinach

Fruits Packed in Own Juice

unsweetened applesauce, canned or plastic cups

Condiments

mustard, hot sauce, ketchup, olive oil, balsamic vinegar

Spices & Herbs

black pepper, basil, rosemary, parsley, garlic powder or cinnamon

Sunflower Butter & Jam, no sugar added

Hot & Cold Cereals

rolled oats or other whole grain cereals low in sugar

Powdered Milk & Shelf Stable Milk

Granola Bars

low sugar, oats and other whole grains

Crackers

whole grain or rice

Family Size/Personal/Paper Products

toothpaste, shampoo, conditioner, hand soap, toilet paper, paper towels,
facial tissues, ecofriendly laundry detergent- **Go Green!**

Donate your extra brown paper grocery bags to the Food Pantry