

Frequently Needed Items

*Thanks for supporting our programs.
Below is a list of frequently needed items.*

Mobile Food Pantry

Supporting individuals and families facing food insecurity

- **Canned Goods**

- ☐ Canned vegetables (low sodium)
- ☐ Canned beans (black beans, kidney beans, garbanzo beans)
- ☐ Canned fruits (packed in water or 100% juice)
- ☐ Canned tuna, salmon, or chicken
- ☐ Canned soups (low-sodium)
- ☐ Canned tomatoes (diced, crushed, or sauce)

- **Dry Goods & Grains**

- ☐ Rice (white, brown, or instant)
- ☐ Pasta (spaghetti, macaroni, etc.)
- ☐ Instant oatmeal
- ☐ Breakfast cereals (low-sugar, whole grain)
- ☐ Granola bars or protein bars
- ☐ Dry lentils or split peas

- **Protein Sources**

- ☐ Peanut butter or almond butter (no added sugar)
- ☐ Canned chili or stew
- ☐ Plant-based protein products (e.g., veggie burgers, tempeh)

- **Beverages**

- ☐ Coffee or tea (individual packets)
- ☐ Powdered milk or evaporated milk
- ☐ 100% fruit juice (low-sugar options)
- ☐ Bottled water

- **Dairy & Dairy Alternatives**
 - ☐ Shelf-stable plant-based milk (soy, almond, oat)
 - ☐ Shelf-stable cheese (processed or individual cheese servings)
 - ☐ Yogurt (individual cups or shelf-stable options)
- **Staples & Condiments**
 - ☐ Olive oil or vegetable oil
 - ☐ Salt, pepper, and other basic spices (garlic powder, chili powder, etc.)
 - ☐ Sugar (white or brown)
 - ☐ Vinegar (white or apple cider)
 - ☐ Mustard, ketchup, mayonnaise, or hot sauce
- **Snacks & Sweets**
 - ☐ Crackers (whole grain or plain)
 - ☐ Dried fruit (raisins, apricots, cranberries)
 - ☐ Trail mix (nuts, seeds, dried fruits)
 - ☐ Pretzels or popcorn (low-sodium)

Inspire Program

Supporting youth receiving leadership development and educational support.

- **Art Supplies**
 - ☐ 11x14 canvases
 - ☐ Paint
 - ☐ Paint brushes
 - ☐ Art aprons
- **Tutoring Supplies**
 - ☐ Mini whiteboards with multi color Dry Erase markers
 - ☐ Sticky notes
 - ☐ Index cards
- **Educational items**
 - ☐ Planners
 - ☐ Spiral Notebooks
 - ☐ Sharpies

Pathways Program

Supporting youth receiving photography skills and entrepreneurship training.

- Essential items
 - ☐ 128GB or higher Memory Cards
 - ☐ New Laptops used for photo editing (Used laptops are also accepted depending on the condition and capabilities of the equipment)