

Patriot Pantry



Donors,

Thank you for your contributions to our Veteran community! The Nutrition and Food Services department has partnered with the Center for Development and Civic Engagement (formerly Voluntary Services) to tackle the issue of hunger amongst our Veterans. We are looking for donations to help provide food to Veterans in need. While we won't exclude non-expired shelf-stable food items, we are looking for some nutrition-focused items:

Criteria:

- Shelf stable: We won't have a refrigerator to store items and some of our Veterans don't have access to refrigeration
- Non-expired
- low sodium when available (less than 140 mg per serving), but not essential
- No added sugar when available, but not essential.

Priority Needs:

- Grocery store gift cards (\$10-\$20 amounts)
- Canned soups
- Canned fruit, fruit cups, applesauce
- Rice (brown, white)
- Pasta
- Pasta sauce
- Tuna
- Dry milk
- Canned meats (chicken, roast beef, turkey)
- Cereals (oatmeal, dry cereal)

GENERAL NEEDS:

Proteins

- Canned meats: chicken breast, turkey
- Canned fish/seafood: tuna, salmon, anchovies, baby clams, sardines
- Canned beans/lentils (all kinds and varieties, preferably "low sodium")
- Peanut butter, nut butters (unsweetened if possible)
- Nuts (peanuts, cashews, almonds, etc.; any kind/variety) – Individually wrapped

Fruits: in juice or water only (or dried!)

- all types/varieties
- Examples: fruit cups, applesauce, fruit sauces, canned fruits
- Dried fruits

Vegetables: Low sodium, all colors/types

- All types of canned ones
- Examples: carrots, green beans, tomatoes, beets, asparagus, etc.