

# Northshore Senior Center

## *Pantry Essentials*

### CANNED FRUIT

APPLESAUCE  
MIXED FRUIT

### CANNED VEGETABLES

CORN  
PEAS

### SOUP

TOMATO SOUP  
CREAM OF MUSHROOM SOUP  
CHICKEN, BEEF, VEGETABLE BROTH

### CANNED BEANS

REFRIED BEANS  
PINTO & KIDNEY BEANS  
WHITE BEANS  
CHILLI

UPDATED AS OF 3/8/22

### GRAIN & STARCH

GRANOLA BARS  
GRAHAM CRACKERS  
OAT MEAL PACKETS / BAGS  
INSTANT POTATOES  
SALTINE CRACKERS  
PASTA / RICE-A-RONI  
RAMEN

### OTHER

PASTA SAUCE  
PEANUT BUTTER  
ENSURE / MUSCLE MILK  
PANCAKE MIX  
OATMEAL

### CANNED PROTEIN

CHICKEN  
TUNA

No one should go hungry. As our community responds to the spread of coronavirus, COVID-19 related disruptions have greatly increased the need for emergency food across our community. Please consider donating today, to help feed someone in need tomorrow. Have items to donate? Please drop off at NSC in our large donation bin out in front of our building (10201 E. Riverside Drive, Bothell, WA 98011).

