

# Northshore Senior Center

## Pantry Essentials

### CANNED FRUIT

- APPLESAUCE
- MIXED FRUIT

### CANNED VEGETABLES

- PEAS
- CARROTS

### CANNED BEANS

- PINTO
- KIDNEY
- WHITE
- CHILI

### CANNED PROTEIN

- CHICKEN
- TUNA

### PERSONAL ITEMS

- TOOTHPASTE
- TOOTHBRUSHES
- HAND LOTION
- INCONTINENCE PRODUCTS  
LARGE & EXTRA LARGE  
(BRIEFS ESPECIALLY)

### GRAIN & STARCH

- GRANOLA BARS
- OATMEAL PACKETS/ INSTANT POTATOES
- CRACKERS
- PASTA/RICE-A-RONI
- RAMEN
- MAC & CHEESE
- RICE

### SOUP

- REGULAR SOUPS
- CREAM SOUPS, STEWS
- CHICKEN, BEEF, VEGETABLE BROTH
- CANNED PASTA

### OTHER

- PASTA SAUCE
- PEANUT BUTTER
- ENSURE/MUSCLE MILK
- PANCAKE MIX
- OATMEAL
- FRESH FRUIT
- FRESH VEGGIES
- DRY BEANS
- LENTILS
- PAPER BAGS
- ZIPLOC BAGS



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Help fight food insecurity among seniors and people with disabilities in our community! We appreciate and welcome businesses, organizations, and communities wishing to host a food drive. If you want to learn more details about how to host your own food drive, please email Harry at [HHorst@mynorthshore.org](mailto:HHorst@mynorthshore.org)