

We are able to purchase most basic food items through the Greater Boston Food Bank where \$1 buys about \$3 worth of food. **Cash donations are always much appreciated and go far.** However, there are some items we are not able to purchase and which we depend on from your donations.

We currently need the following shelf stable foods.

Canned and dry staples:

- Canned salmon
- Canned albacore tuna
- Tuna and chicken in single serve pouches
- Canned stew
- Canned pasta
- Canned tomatoes and pasta sauces, especially low sodium products
- Tomato paste
- Mayonnaise (20 oz. jars or less)
- Dry macaroni and cheese especially Kraft and Annie's
- Soup, especially low sodium
- Chunky soups such as Progresso, Amy's or Campbell's
- Rice mixes especially Near East and Rice-a-roni
- Instant mashed potatoes
- Cereals especially low sugar and high fiber
- Whole grain pastas
- Cookies and crackers in smaller packages
- Nuts in smaller packages
- Muffin mixes
- Cake and brownie mixes
- Cake frosting

Personal care items:

Body wash, shampoo, conditioner, deodorant, hand lotion, toothpaste, denture cleaners, bladder leak products

Special dietary items:

- Gluten free pasta, cereals and other products
- Baby food, toddler foods, diapers
- Ensure and Boost especially chocolate flavor