



Weinberg Food Pantry Top 10 Needs Healthy Options Donation List

1. Canned Fruit (100% juice packed)
2. Protein (canned tuna, chicken, and salmon, etc.)
3. Rolled Oatmeal/Whole Grain Cereal
4. Canned Soup (low sodium)
5. Juice (100% juice)
6. Tomato/Pasta Sauces
7. Carbohydrates (pasta, macaroni and cheese, instant potatoes, etc.)
8. Canned Vegetables
9. Toilet Paper
10. Diapers (sizes 4, 5, and 6)