1. CANNED FRUIT
   Packed in juice, not heavy syrup

2. PROTEIN
   Canned tuna, chicken, and salmon, etc.

3. OTHER PROTEIN
   Canned beans, peanut butter

4. CEREAL
   Whole grain/lower-sugar cereals

5. CANNED SOUP
   Healthy choices, lower sodium

6. RICE
   Individual 1-2 lb bags

7. TOMATO/PASTA SAUCES

8. CARBOHYDRATES
   Whole grain pasta, macaroni and cheese, etc.

9. CANNED VEGETABLES

10. DIAPERS AND BABY WIPES
    Sizes 4, 5, 6

Since the COVID-19 pandemic began in March, the Weinberg Food Pantry has experienced a 400% increase in demand for service and has distributed more than 400,000 pounds of food and supplies. Please support our efforts to help the vulnerable in our community who have been impacted by COVID-19.

Donations to the food pantry can be made at jewishfamilyservice.org/donate.