



2020

## Weston COA Food Pantry Wish-List for Annual First Parish Ingathering Collection

1. Grocery gift cards. Because the pantry is shelf stable products only, **any denomination of a grocery gift card, even \$5-**, is greatly appreciated for Weston residents to buy fresh produce such as carrots, broccoli, peas, corn – healthier and MUCH tastier than canned carrots, or canned peas, or canned corn.
2. Soup: low sodium, reduced sodium, Healthy Choice, Progresso, Amy's, Campbell's (pull-tops helpful).
3. Beans: vegetarian, baked beans, black beans, red beans, garbanzo (cans or bags)
4. Dried fruits & nuts: individual packages of raisin, dried fruit, and nuts
5. Natural peanut butter, almond butter
6. Fruits of all kinds: small 4 pack containers, in a jar (esp. low sugar)
7. Rice: brown, white, jasmine, etc. gluten-free pasta, whole wheat pasta. Other gluten free carbs: quinoa, lentil, chickpeas. (please-no "white" pasta. They have plenty.)
8. Coffee & instant coffee: decaf & caf. Tea: caf, decaf, herbal, samplers
9. Box milk: regular, almond, oat
10. Crackers: Triscuit, Wheat Thins, "healthy crackers" and gluten free if you can find them. and cookies too – individual bags