

# FREE FOOD PANTRY DONATION REQUESTS

This pantry project is brought to you by nonprofit Vegan Action. We are stocking all of our Free Food Pantries with vegan foods and hope you will too! The best part about a plant-based pantry is this -it can feed EVERYONE. No matter the diet preference, everyone eats plants, so there will be something for ALL to choose from.

**Pantry items must be: shelf-stable (non perishable), sealed, & able to withstand high temperatures.**

## SHOPPING SUGGESTIONS

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### Proteins

- Beans (canned or dry): black beans, pinto, lentil, chickpeas (garbanzo beans), vegetarian baked beans, kidney, great northern, navy
- Nut/seed butter: peanut, almond, sunflower, cashew
- Protein bars without milk, whey protein, or honey
- Quinoa
- Textured Vegetable Protein (TVP)
- Shelf stable tofu

### Fruits & Vegetables

- Apple sauce
- Dried fruit: mango, cranberries, raisins, pineapple etc.
- Canned fruit
- Canned vegetables: corn, green beans, tomatoes, carrots, mixed veg, etc.
- Pizza sauce (without dairy)
- Pasta sauce
- Baby food (fruit or vegetable based)

### Grains & Carbs

- Pasta
- Couscous
- Rice: instant packages, bags
- Rice noodles
- Oats: quick, or other
- Pretzels
- Nuts/Trail mix (without dairy/honey)
- Popcorn (kernels or microwaveable)
- Cereal/Granola (without dairy/honey)
- Instant Mashed Potatoes (without dairy)

### Soups, Stocks, & Broth

- Vegetable broth (boxed or canned)
- Vegetable soup base (in bouillon cube or paste form)
- Vegetable soups without animal fat or broth

### Plant Milk

- Shelf-stable plant milk: oat, soy, almond, canned coconut milk, etc.

### Non-Food Items

- Toothbrushes
- Socks
- Baby wipes & diapers
- Deodorant
- Toothpaste & mouthwash
- Shampoo & conditioner
- Sun block & SPF lotions
- Feminine hygiene products
- Sanitizer sprays or wipes
- First-Aid supplies
- Cleaning supplies
- Water/Electrolyte drinks
- Scarf/gloves



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