

**Help us stock  
the shelves of local  
food pantries by  
donating some of  
their most needed and  
requested items.**

# SUMMER STOCKUP

## SHOPPING LIST

Consider healthier options when shopping by choosing low sodium, low sugar, and whole grain.  
**Items should be unopened and unexpired.**

*Allegan County food pantries have indicated that they are in great need of nonperishable protein-specific food items, as well as cleaning and personal care items.*

### **Canned Goods**

- Vegetables
- Fruits
- Beans
- Soup
- Chicken
- Tuna
- Ready to eat meals

### **Dry Goods**

- Rice
- Beans
- Cereal
- Oatmeal
- Pasta
- Boxed dinners
- Gluten-free foods/  
healthy alternatives
- Snacks

### **Other**

- Cooking oils
- Condiments
- Spices
- Baby formula
- Peanut butter
- Jelly
- Pasta sauce
- Fruit juice
- Cleaning/personal  
care items



Scan to download the  
shopping list or visit  
[summerstockup.org](http://summerstockup.org)

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