

Items Especially Needed at the Monroe Food Pantry

<p><u>Items Out of Stock at the Pantry</u></p> <p>Stuffing mix Gravy Canned broth Jelly Canned tomatoes (whole and crushed) Milk (Parmalat, evaporated, dry) Bread Crumbs/Parmesan cheese Instant Potatoes Canned beans Pancake mix Canned spinach, asparagus, mushrooms, olives, sauerkraut, lima beans Snack foods (crackers/chips/cookies/nuts) Hot Chocolate Cereal and other breakfast foods Pickles/relish Sugar/Flour/Salt/Pepper/Cooking spices Toilet Paper/Napkins/Paper towels/Tissues</p>	<p><u>Items that are low at the pantry</u></p> <p>Mayonnaise Ketchup/Mustard Canned crab/salmon/sardines/shrimp Canned chili Corned beef hash Canned corn Canned fruit Rice and rice mixes Coffee Spaghetti O's/Ravioli/Manwich Sugar free items (jelly, syrup, jello, etc) Shampoo/Conditioner Toothpaste Dish and laundry soap Diapers/Depends Nutritional supplement drinks (Ensure)</p>
<p>Items in bold provide much needed protein for our pantry shelves.</p> <p>Email foodpantry@monroect.org with any questions or to be added to the "Friends" or "Volunteers" email distribution lists.</p>	<p><u>Items NOT needed at this time</u> (Thankfully we are well stocked now)</p> <p>Pasta Canned green beans Canned peas Canned carrots Canned yams Corn Flakes</p>
<p>Fresh produce, meats and other perishables are always needed and can be brought to the pantry during regular business hours or by appointment. Non-perishable foods can always be dropped in the beige box in the pantry front driveway.</p>	<p style="text-align: center;">Regular Pantry Hours Monday 2-5pm Wed/Fri 9am-1pm</p> <p>Pantry Location: 980 Monroe Turnpike</p>

Monetary donations are also accepted. Money is used to buy needed food items, especially meat and other perishable items. Checks should be made out to Monroe Food Pantry and mailed to:

Monroe Food Pantry
 7 Fan Hill Rd.
 Monroe, CT 06468
 452-3770

Thanks for your help!!!!