



Community Action Network

Food Supplies

Below is a list of food items that can be collected for CAN's Emergency Food Pantries (food items suggested by Food Gatherers). Please note that this list is not exhaustive

Fruits & Vegetables

- Canned vegetables—low sodium or no salt added
- Canned Fruit—no sugar added
- Applesauce—no sugar added
- Dried fruit—no sugar added
- Canned or boxed fruit juice—100% juice no sugar added
- Canned tomatoes

Milk & Milk Substitutes

- Shelf-stable low-fat powdered or evaporated milk
- Shelf-stable boxed soy or rice milk—unflavored

Personal Care Items

- Diapers, toothpaste & toothbrushes, soap & shampoo, disposable razors, feminine hygiene products, toilet paper, laundry detergent, first aid supplies, etc.

Miscellaneous

- Bus tokens, puzzles, books, baby items, etc. (all new or very gently used, please)

Whole Grains

- Whole grain cold cereal
- Hot cereal
- Brown or wild rice
- Whole grain pasta
- Quinoa
- Whole grain crackers and rice cakes
- Popcorn—low or no fat or salt
- Granola bars

Pantry Staples

- Flour
- Spices
- Bottled vegetable or olive oil—plastic or metal containers only)
- Broth—low sodium

Protein

- Canned meat and fish—low sodium
- Canned beans—low sodium
- Dried beans, lentils, and peas
- Nuts and seeds
- Nut and seed butters
- Protein bars—at least 6g protein per bar

Other

- Boxed meals—low or reduced sodium
- Canned or boxed stews & soups—low sodium
- Canned tomato sauce—low sodium
- Baby food & formula



If you have any questions, please contact Community Action Network

734.994.2985 - info@canannarbor.org - www.canwashtenaw.org