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

### 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

### 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

### Milk & Milk Substitutes
- Shelf-stable low-fat powdered or evaporated milk
- Shelf-stable boxed soy or rice milk—unflavored

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

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

### 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)

If you have any questions, please contact Community Action Network
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