



PERSON-TO-PERSON
p2pHelps.org

shop HEALTHY. GIVE healthy.

This is a list of the items we stock in the P2P Food Pantries. Help us promote healthy eating habits by selecting and donating items labeled as low in sodium, no salt added, unsweetened, low sugar, no sugar added and made from whole grains.

Dairy

- 1% Low-Fat or Fat-Free Shelf-Stable Milk
- Non-Dairy Milk (Soy, Almond, Cashew, etc.)

Fruits & Vegetables

- Fruits Canned in 100% Fruit Juice
- Apple Sauce (Unsweetened)
- Dried Fruits (Raisins, Prunes, Apricots, etc.)
- Canned Vegetables

Soups & Stews

- Soups (Canned or Boxed)
- Stews and Chili (Canned or Boxed)

Grains

- Pasta (Whole Grain)
- Rice or Quinoa
- Oatmeal (Unflavored Packets)
- Cereal (Whole Grain)
- Mac and Cheese (Whole Grain)

Protein

- Peanut Butter
- Canned Beans and Lentils
- Dried Beans and Lentils
- Canned Tuna, Salmon, Chicken In Water

Jellies, Sauces and Stocks

- Jelly or 100% Fruit Spread
- Pasta Sauce
- Broth or Stock

Snack Foods

- Jell-O
- Healthy Snacks – Protein, Breakfast and Granola Bars; Unsalted Nuts and Seeds; Whole Grain Crackers; Popcorn (Individual Packets)

For More Information, Contact

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