

Bringing Nutrition to the Food Pantry ...



One of the goals of the Algonquin Lake in the Hills Interfaith Food Pantry is to provide healthy food choices for those in need. When making your donations, you may want to consider the nutritional value of the following items when making your donations.

1. Print off this list.
2. Purchase your items and as many of the items on the Food Pantry list that you are willing to donate.
3. Drop off Food Pantry items to the Pantry
(Tue & Thu. 9:30 AM – noon, 1st & 3rd Sat. 9:30 AM – noon)

Bread, Cereal, Rice & Pasta (6-11 servings daily)

| | | |
|-------------------------|------------------------|----------------------|
| rice and rice mixes | bran cereal | pancake mix |
| canned pastas | shredded wheat | whole-grain crackers |
| noodle mixes | infant cereal | granola bars |
| dry noodles and pastas | hot cereal mixes | graham crackers |
| macaroni and cheese mix | oatmeal | flour |
| cold cereals | bread and muffin mixes | |

Vegetables (3-5 servings daily)

| | | |
|-------------------|------------------------|----------------------|
| canned vegetables | canned tomato products | baby food vegetables |
| vegetable soup | spaghetti sauce | V-8 juice |

Fruits (2-4 servings daily)

| | | |
|--------------|----------------------------|-------------------------------|
| canned fruit | dried fruits | canned and boxed (100% juice) |
| raisins | baby food fruit | |
| applesauce | fruit leather (100% fruit) | |

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts (2-3 servings daily)

| | | |
|-------------------|-----------------------|---------------|
| canned tuna | canned salmon | baked beans |
| canned chicken | bean soups | canned chili |
| canned beef stews | canned or dried beans | peanut butter |

Milk, Yogurt and Cheese (2-3 servings daily)

| | | |
|----------------|--------------------------|-----------------------------|
| infant formula | evaporated milk | small boxes of sterile milk |
| powdered milk | instant breakfast drinks | canned and boxed pudding |

Fats, Oils and Sweets USE SPARINGLY

| | | |
|---------------|---------------|----------------|
| syrup | sugar | salad dressing |
| jelly and jam | mayonnaise | |
| honey | vegetable oil | |

“Be a Neighbor – Feed a Neighbor”

Algonquin Lake in the Hills Interfaith Food Pantry ● 600 East Oak Street ● Lake in the Hills, IL 60156
(847) 854-1904