

Chalmers Community Services Centre Pantry Item List

Non-Perishable Items:

- Canned green beans
- Canned peas
- Canned niblet corn
- Canned beans in sauce
- Canned red kidney beans
- Canned chickpeas
- Canned tuna-flaked light in water
- Canned chicken
- Canned tomatoes - whole
- Canned tomatoes - diced
- Canned pasta sauce
- Spaghetti noodles
- Macaroni elbow noodles
- Long grain white rice
- Rolled oats
- Cereal ie Rice Krispies, Cheerios
- Skim milk powder
- Tea

Perishable Items

- Cheese
- Potatoes
- Green Peppers
- White Onions
- Carrots
- Apples
- Bananas
- Cabbage
- Greens

Other Appreciated Items:

Pantry:

- Milk alternatives (soy, oat, almond...) for our café
- Quinoa
- Peanut Butter
- Jarred preserves (i.e., jams, jellies)

- Canned preserves
- Condiments
- Spices
- Pet food (kibble and wet food)
- Coffee

Hygiene:

- Diapers
- Baby formula
- Shampoo and conditioner
- Menstrual products
- Razors
- Soap
- Toothbrushes
- Toothpaste
- Socks