# SALUKI Food Pantry

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The Saluki Food Pantry provides food assistance to students in times of need, helping them to stay in school and meet their educational goals. The Saluki Food Pantry provides food assistance to students in times of need, helping them to stay in school and meet their educational goals.





# (all donations are appreciated)

### Fruits (in 100% juice or no added sugar preferred)

- Applesauce
- Canned fruits
- □ Fruit cups
- Dried fruits

### Vegetables

#### (low sodium or no salt added preferred)

- D Mixed vegetables, canned
- □ Peas, canned
- Carrots, canned
- Potatoes, canned
- Tomatoes
- Pastasauce

### Grains (whole grains preferred)

- Brown/White rice
- Oatmeal
- 🗆 Cereal
- Crackers
- Pasta/Pasta boxed meals (Hamburger Helper, etc...)

### Protein (low sodium preferred)

- □ Tuna, canned (in water preferred)
- Chicken, canned (in water preferred)
- Salmon, canned (in water preferred)
- Peanut butter
- Beans, canned or dried

### Side Dishes

- Mashed potatoes
- Stuffing
- $\square$  Mac and cheese
- Cornbread mix

### Soups (low sodium preferred)

- Vegetable
- 🗆 Tomato
- Dried soup mixes
- 🗆 Chili
- Chef Boyardee

### Pantry

- Seasoning
- 🗆 Salt
- 🗆 Sugar
- Flour
- 🗆 Jelly/Jam
- Dressings (low fat preferred)
- Baking mixes

## **NEEDED ITEMS** (all donations are appreciated)

### Fruits (in 100% juice or no added sugar preferred)

- Applesauce
- Canned fruits
- Fruit cups
- Dried fruits

### Vegetables

(low sodium or no salt added preferred)

- $\hfill\square$  Mixed vegetables, canned
- $\square$  Peas, canned
- $\Box$  Carrots, canned
- Potatoes, canned
- Tomatoes
- Pastasauce

### Grains (whole grains preferred)

- Brown/White rice
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- 🗆 Cereal
- Crackers
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### **Side Dishes**

- Mashed potatoes
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### Pantry

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