

Amma's Pantry














*A collaboration with
the Food Bank of
Contra Costa and Solano*



MOST NEEDED NON-PERISHABLE FOOD ITEMS

----- Please no glass containers -----

- Peanut Butter 
- Dried or Canned Beans and Peas
- Hearty Soups 
- Shelf-stable Milk 
- Enriched Rice and Pasta 
- Grains (Oatmeal, Quinoa, Bulgur, Couscous) 
- Canned Tomato Products 
- Canned Fruit in Water or Juice 
- Low-Sodium Canned Vegetables 
- Side Dishes (Mac & Cheese, Cornbread Mix, etc.) 
- Snacks (Crackers, Trail Mix, Granola, Cereal Bars) 
- Healthy Snacks and Cereals for children and adults 

----- Questions? Email ammaspantysr@gmail.com -----