

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.)
- Healthy Snacks (Crackers, Trail Mix, Granola, Cereal Bars)

Amma's Pantry Project was started in January 2013 as a collaboration with the Food Bank of Contra Costa and Solano.

For information or to participate, email: macentersanramon@ammagroups.org.

Or check for updates and more info on our Facebook page, Amma's Pantry
