

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