



**Goodman**  
Community Center

## Help keep our FOOD PANTRY shelves stocked

### There are some items we can always use

We are always in need of shelf-stable food to help ensure that everyone in our community has nutritious food. Here's a list of foods that are popular and nutritious:

- » Tuna, peanut butter, beans (not pinto)
- » Vegetables, juice, applesauce
- » Bags of apples and potatoes
- » Soup (not tomato), spaghetti sauce, canned/boxed meals
- » Rice/pasta/potato mixes, macaroni & cheese
- » Pancake mix (just add water), syrup
- » Granola bars, protein bars
- » Boxed milk, cereal, oatmeal
- » Packaged snacks (animal crackers, fruit chews)

*Organic products are always preferred and greatly appreciated.*

### Can openers needed, too

Our pantry customers sometimes tell us they don't have a can opener, which limits the food options we can offer them. So, donations of basic can openers would be a great addition to our pantry offerings.

### Where to bring pantry donations

We'll have a spot just inside our main sliding doors to drop off your food any time during our open hours. If you have a large quantity to deliver, check in with our receptionist and she'll have you deliver it to our delivery entrance and she can find someone to help you if needed. Drop-off hours: Weekdays: 6:00am-8:00pm and Weekends: 8:30am-5:00pm

**For more information**, contact Helen Hazelmare, Food Pantry Coordinator, at 241-1574 x249 or [helen@goodmancenter.org](mailto:helen@goodmancenter.org).