

Fritz Food Pantry

Grocery list: Items most needed

- Rice, pasta and gluten-free grains
- Cereals, high fiber/low sugar, oatmeal, and pancake mix
- Juices and non-dairy drinks
- Pasta sauce, tomato sauce and canned tomatoes (low sugar and gluten-free are welcomed)
- Canned vegetables and fruit
- Soups of all kinds, ramen and broth (lower sodium)
- Canned proteins such as beans, tuna salmon, sardines, chicken or peanut butter
- Convenience Meals (Mac & Cheese, pasta or rice packages, Chef Boyardee)
- Baking items: sugar, cooking oil, cake/muffin mix, etc.
- Healthy snacks such as granola or snacks bars, dried fruit, nuts and chips
- Personal care items like toothpaste/brushes, cotton balls, feminine products, shaving supplies, shampoo and soap.
- Vegetable oils such as olive, canola, sunflower, etc.
- Baby formula and diapers (all sizes)
- Household items (paper/plastic products, sanitizer wipes, etc)
- Paper, plastic or fabric grocery bags
- Any seasonings or condiments

Where to bring pantry donations

You can drop off donations on the main lobby our donation rack.

Drop-off hours: Mon.-Thurs: 6am to 9pm ▪ Fri.: 6am to 8pm ▪ Weekends: 8:30am-6pm

Your financial donation helps purchase fresh foods to include in our Food Pantry.

Questions? Contact Jon Lica, Food Pantry Coordinator at jon@goodmancenter.org or 204-8049.



Goodman
Community Center

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*Thank you for any
way you can help!*