

The logo for the Food Pantry of Caroline, featuring a stylized green and orange graphic of a food pantry with various food items like grapes, a bowl, and a can. Below the graphic, the text "Food Pantry" is written in large, bold, green and orange letters, followed by "OF CAROLINE" in green and "FIGHTING HUNGER, GIVING HOPE!" in red.

# Food Pantry OF CAROLINE FIGHTING HUNGER, GIVING HOPE!

## DID YOU KNOW...

...that Caroline Social Services has the only Food Pantry open to citizens in need Monday through Friday 8:30am to 4:30pm? We receive an average of 189 requests for emergency food per month. We need donations of food or money to purchase food at all times. Please consider donating to our Food Pantry or having your organization conduct a food drive for the Food Pantry.



2266 HUNGRY PEOPLE FED IN 2018

## Suggested Food Pantry Donation Items

1. Proteins - canned tuna, canned chicken, other canned meats, nut butters such as peanut butter, beans (canned and dry)
2. Canned fruits - packed in juice is best
3. Canned vegetables - low sodium is best
4. Canned meals - soups, stews, chili, pasta meals such as Spaghetti O's
5. Sides - shelf stable or dried mashed potatoes, rice, beans, stuffing, pasta sides
6. Pasta and other pasta sauces
7. Quick cooking oats
8. Cold cereals - low sugar is best
9. Milk, cheese and shelf stable milk products such as powdered milk.
10. Frozen vegetables
11. Ready to eat meats and meats that can be frozen - hot dogs, bologna, smaller packs of fresh meats, individually packed and frozen chicken breasts.
12. Crackers and popcorn
13. Granola bars
14. Baby food and formula, diapers, powder, etc.

Please remember to check dates on items you are donating. We cannot give out expired foods.  
We have a freezer AND a refrigerator!