



SeniorsFirst

Meals on Wheels, in-home care and more.

Food Pantry Wish List

Note: All items are welcome and none will go to waste but our pantry is always in need of protein including canned meats, peanut butter and protein drinks like Ensure and Glucerna.

- Peanut butter (Medium sized jars)
- Canned meat—Tuna, chicken, turkey, spam
- Protein Drinks (Ensure, Glucerna)
- Cans of soup (Low sodium preferred)
- Cans of beans (Please no extra large cans)
- Stewed/diced tomatoes
- Chili (Low sodium)
- Bag or box of pasta (Small or medium size)
- Alfredo or red spaghetti sauce (Medium sized jars)
- Cartons of shelf stable milk (Parmalat)
- Powdered Milk
- Bag of rice (Small or medium)
- Instant potatoes (Boxes of individually wrapped pouches)
- Instant grits (boxes of individually wrapped pouches)
- Instant Oatmeal (Boxes of individually wrapped pouches)
- Fruit cups or cans of fruit (Low sugar preferred)
- Applesauce
- Raisins

**For additional information contact Pam Pinder Case Manager Supervisor
at 407-615-8988 or ppinder@seniorsfirstinc.org**