

# Boston Medical Center Preventive Food Pantry

## Food List

These are foods that are being distributed on a daily basis at the pantry.  
Donations are greatly appreciated.

<b><u>Grains</u></b> (Breads, Rice, Cereal, Pasta)
Any cold and hot non-sugared cereals
Vanilla Wafers
All low fat, low sodium crackers
Graham Crackers
Any dried pasta (spaghetti and elbows preferred), Canned Pasta
Rice (1-2 lb. Bag)
Any dried beans / canned beans / baked beans
Infant rice cereal
<b><u>Fruits and Vegetables</u></b>
All canned fruits packed in juice or water
All canned vegetables
Dried fruits (Raisins preferred)
Tomato Sauce
Pasta Sauce
All infant strained fruits and vegetables
<b><u>Meats/Meat Substitutes</u></b>
Premium chunk white canned chicken
Canned tuna packed in water
Canned sardines packed in water
Peanut Butter (regular and reduced fat)
Infant Strained Meat (chicken, beef etc)
<b><u>Dairy</u></b>
Dry milk
Shelf Stable milk (e.g. Parmalat)
Evaporated skim milk
Evaporated regular milk
<b><u>Fats/Oils/Condiments</u></b>
Vegetable Oil
Reduced sugar and regular jelly
Spices (all varieties)
<b><u>Mixed Foods</u></b>
Macaroni and Cheese
All soups
Beef Stew