



## **ALAMANCE COUNTY MEALS ON WHEELS, INC.**

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### **Food Pantry**

We are collecting food for our small food pantry. This is for our Meals On Wheels clients only. We ask that the cans have pop-top lids and have an expiration date of several months out. Below are some suggestions that the clients could use:

- Individual Fruit Cups
- Individual Apple Sauce
- Instant Oatmeal/Grits
- Boxes of Cereal
- Breakfast Bars/Granola Bars
- Individual Macaroni and Cheese
- Individual Ravoli/Stew/Soup (must be pop-top)
- Individual Tuna/Chicken (must be pop-top)
- Individual Raman Noodles (in the cup)
- Individual cans of vegetables (must be pop-top)
- Small jars of Jelly
- Small jars of Peanut Butter
- Individual boxes of Raisins or other dried fruit
- Peanut Butter/Cheese Crackers
- Juice Boxes (We cannot use Grapefruit juice because it interferes with the medications of many of our clients.)
- Shelf Stable Pudding or Jello Cups
- Pet food (for our clients' pets) unopened, unexpired, wet or dry dog and cat food

**\*\*If possible, please bring in items that are low sodium and healthy choices.**