



FOCUS Detroit Food Pantry Needs List

Updated 11/4/2025

Notes: If you are purchasing canned goods, when possible, please buy cans with pull-tab tops. Please do not give items that are past their expiration date and please donate items that you would like to eat so that we can provide our neighbors with the best possible items in their time of need. Thank you for your willingness to help us serve our community! God Bless!

Proteins

- Canned chicken, tuna, and salmon
- Canned beans and lentils (low-sodium options when possible)
- Canned chili, soups, stews, and raviolis
- Shelf-stable meats like Spam and vienna sausage
- Nut butters such as peanut or almond butter

Produce

- Canned vegetables
- Jarred or canned fruit
- Applesauce (with no added sugar)
- 100% fruit or vegetable juice

Snack Foods

- Low-sugar granola bars
- Nuts (low salt or unsalted in individual servings)
- Crackers with cheese or peanut butter

Grains

- Rice
- Pasta
- Rolled oats or oatmeal packets
- Cereal (ideally low in added sugar)

Supplementary Items/Sauces

- Cooking oil
- Spices and seasonings
- Shelf-stable stock, broth, or bouillon cubes
- Boxed Shelf-stable milk (dairy or plant-based)
- Tea and coffee
- Sugar and honey
- Pasta Sauce

