

Food Pantry Wish List

Fats & Oils

- Shredded Cheeses
- Olive Oil
- Low Sodium Chicken, Beef and Vegetable Broths
- Strawberry or Grape Jelly

Vegetables

- Canned Tomato Products
- Spaghetti Sauce
- Canned Beans of ALL kinds
- Fresh Vegetables: carrots, lettuce, etc.
- Potatoes, Sweet Potatoes, Onions
- Frozen packaged vegetables
- Refried Beans

Bread, Cereal, Rice & Pasta

- Brown Rice
- Whole Grain Pasta
- Oatmeal
- Crackers
- Packaged crackers (peanut butter/cheese/etc)
- Noodles (spaghetti, fettucine, penne, etc.)
- Cliff Bars, Granola Bars
- *We receive bread from Bimbo Bakery*

Protein

- **Frozen beef, chicken and fish - #1 need**
- Peanut Butter
- Nuts: sunflower seeds, almonds, peanuts
- Canned tuna in water
- Dry Beans

Fruits

- Raisins
- Applesauce
- Dried Fruits
- Canned & Boxed 100% Juice
- Fresh Whole Fruits: apples, oranges, grapefruit, peaches, etc.

Dairy Products

- Shelf Milk
- Dry Milk

Contact:

Kelly McElroy
Community Relations Director
O: (918) 833-9821 | C: (918) 695-8922
mcelrke@tulsaschools.org