



**Abby's House On-Site Food Pantry**  
*Serving Residents and Guests*  
*Helping Women Stretch Their Grocery Budgets*

**Individual Sized Items Preferred**

**Dry Goods**

- Cereal
- Jelly/Jam
- Peanut Butter
- Pasta Roni & Rice-a-Roni
- Stuffing Mix
- Mac & Cheese
- Dry Beans
- Dried Pastas
- Instant Potatoes
- Plain Oats
- Oatmeal
- Shelf-Stable Side Dishes
- Ramen Noodles
- Rice
- Whole Grains (quinoa, farro, etc.)

**Baking Items**

- Brownie Mix
- Muffin Mix/Misc. baking mixes
- Pudding/Jello Mix
- Flour and Sugar

**Beverages**

- Boxed Organic Milk
- Coffee
- Juice & Juice Boxes

**Healthy Snacks**

- Trail Mix
- Dried fruits (i.e. cranberries, cherries, figs)
- Nuts
- Crackers

- Popcorn
- Fruit Snacks
- Pretzels/Chips
- Granola Bars
- Apple Sauce
- Cookies

**Condiments/Seasonings/Oils**

- Salad Dressings
- Mustard
- Mayonnaise
- Ketchup
- Salt
- Other condiments
- Extra Virgin Olive Oil
- Vegetable or Canola Oil

**Canned Goods**

- Canned Beans
- Soups/Stews (low sodium preferred)
- Baked Beans
- Chef Boyardee
- Pasta Sauce
- Canned Tuna
- Canned Chicken

**Perishables \*** *(Please donate with enough time to sort, store & give to residents before expiration date)*

- Fresh produce
- Fresh Meats/Cheeses
- Yogurt
- Fresh Eggs

---

**We Cannot Accept:**

- Homemade food items (due to Covid safety restrictions, we cannot take these items at this time)
- Expired food items
- Opened products

---

Contact Kathleen Suchenski, the Volunteer & In-Kind Coordinator at [kathleen@abbyshouse.org](mailto:kathleen@abbyshouse.org) or 508-756-5486 x227 if you are planning to organize a Food or In-Kind Needs Drive to receive the most up-to-date needs list to support our residents and guests. Please schedule your donation drop-off in advance with the Volunteer & In-Kind Coordinator.