



## FOOD PANTRY SHOPPING LIST

Take this list when you shop for groceries and fill an extra bag to restock our pantry shelves and help local families. Thank you!

### Canned items

- Fruits & fruit juices
- Meats (stew, chili, tuna)
- Vegetables
- Tomato products
- Pasta & meat combinations
- Oil (12 oz. plastic bottle)
- Jelly (plastic container)

### Dry items

- Cereal & oatmeal
- Flavored rice & pastas
- Dried beans (1 lb. bag)
- Flour & baking mixes
- Sugar/salt/pepper
- Helper-type mixes for hamburger & tuna

### Non-food supplies

- Paper towel & toilet paper
- Cleaning supplies (cleansers, bleach, etc.)
- Toiletries (soap, toothpaste, toothbrushes, shampoo, razors, feminine hygiene)

- Laundry detergent
- Diapers & wipes
- Baby food
- Baby wipes
- Denture cleaner
- Adult diapers

Questions? Contact Shay Smith, Volunteer & Program Coordinator, at 972-446-2100 or [ssmith@metrocrestservices.org](mailto:ssmith@metrocrestservices.org).

*The mission of Metrocrest Services is to provide programs for individuals, families and seniors that lead to self-sufficiency and preserve independence. We aid individual in Carrollton, Farmers Branch, Addison, Coppell and city of Dallas in Denton County.*

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[www.metrocrestservices.org](http://www.metrocrestservices.org)



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