

# PANTRY SHOPPING LIST

Buy extras to feed local families!

## Canned or Bottled Items

- ◇ Fruits & fruit juices
- ◇ Meats (stew, chili, tuna)
- ◇ Vegetables
- ◇ Tomato products
- ◇ Pasta & meat combinations
- ◇ Oil (12 oz. plastic bottle)
- ◇ Baby food
- ◇ Peanut butter & jelly

## Dry or Packaged Items

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

## Household Supplies & Toiletries

- |                     |  |
|---------------------|--|
| ◇ Paper towels      | ◇ Toiletries (soap, razors, toothpaste, shampoo, feminine hygiene items) |
| ◇ Toilet paper      | ◇ Cleaning supplies (cleansers, bleach)                                  |
| ◇ Laundry detergent |  |
| ◇ Diapers & wipes   |  |
| ◇ Denture cleaner   |  |
| ◇ Adult diapers     |  |

**No glass containers,  
please!**



**Not sure WHAT to BUY**  
The low-income families we  
help need (& appreciate)  
the same items as your family!



*Metrocrest Services provides programs for individuals, families and seniors that lead to self-sufficiency and preserve independence. Serving individuals in Carrollton, Farmers Branch, Addison, Coppell, and the city of Dallas in Denton County.*

DONATIONS ACCEPTED Monday-Friday 8 a.m. to 5 pm. and Saturday 9 a.m. to 1 p.m.

13801 Hutton Drive, Suite 150, Farmers Branch, Texas 75234

972-446-2100 [www.metrocrestservices.org](http://www.metrocrestservices.org)