



## ITEMS NEEDED AT THE MONROE FOOD PANTRY

At the Monroe Food Pantry, we strive to consistently provide healthy food options for our clients. We accept and appreciate all donations, and encourage **low sodium, low sugar, low saturated fat, vegetarian, and whole wheat** selections when possible. This helps our clients manage and prevent chronic diseases, such as diabetes and heart disease.

- bread crumbs
- instant potatoes
- egg noodles
- pasta
- pasta sauce
- macaroni & cheese
- healthy snack items
- hot and cold cereal
- tuna
- canned chicken
- brown/white rice
- pancake mix & syrup
- peanut butter
- jams and jellies
- canned soup
- canned pasta
- salad dressing
- condiments
- baked beans
- refried beans
- broths and stocks
- canned fruit
- canned chili
- canned tomatoes

- Non-perishable food items can be received during business hours or left in the red bin, on the left side of the food pantry, after hours.
- Food donations can also be dropped off at Big Y or Stop and Shop (Monroe) service desks, the Edith Wheeler Library, or at Town Hall.
- Monetary donations and gifts cards can be received at the Food Pantry or Monroe Senior Center during business hours, or mailed to the Monroe Food Pantry at 7 Fan Hill Road, Monroe, CT 06468. **Gift cards must have purchase receipts with them.** Online donations can also be made at [monroect.org/donate](http://monroect.org/donate).

- canned beans & vegetables
- Ensure
- juice
- hot chocolate
- baking supplies: sugar, flour, brownie and cake mix
- decaf and regular: ground coffee, instant coffee
- decaf and regular: black tea, green tea
- Hamburger Helper, Knorr products, Ramen
- household cleaning supplies
- personal hygiene products
- feminine hygiene products
- frozen vegetables, and fresh produce
- pet food

### OPERATING HOURS

Mon 10:00 AM—1:00 PM

Wed 9:30 AM—1:00 PM

Thurs 9:30 AM—1:00 PM

Fri 2:00 PM—6:00 PM

One Saturday per month (please call for further details)



### Monroe Food Pantry

980 Monroe Turnpike • Monroe, Connecticut  
Mailing Address: 7 Fan Hill Road, Monroe, CT 06468

May 2021