



A mission of help and hope.

WISHLIST

Food Pantry Items Most Needed

The following is a list of food items most needed by HAAM Food Pantry.

- Canned tuna or chicken, packed in water
- Canned stews and pasta/meat, easy on salt and fat
- Peanut butter
- Canned fruits in light syrup, natural applesauce
- 100% juice cans or boxes
- Canned vegetables, tomatoes, tomato sauce
- Soups with meat and/or beans, meal-in-a-can, easy on salt and fat
- Cereals and cereal bars, easy on sugar and fat
- Pasta, spaghetti, macaroni, noodles, rice
- Packages of dry beans
- Toiletries
- Baby food
- Diapers & wipes
- Sanitary napkins

For the safety of those we serve, the HAAM Food Pantry is **unable to accept:**

- Open packages
- Homemade food items
- Perishable foods
- Items with “expired” dates
- Damaged/dented cans

Thank you for HELPING the HAAM Food Pantry HELP our community. For more information regarding food pantry needs please contact our food pantry director at 281-446-3663 x 115.