

# Lucy and Joe's Food Pantry @ Jewish Family Service of Metrowest!



Most elders that we provide for live alone or with one other person, so please **no bulk** or large family size packages. **Easy to open packages** are highly valued, as many of the elders may have mobility issues, arthritis, etc. that may interfere with using can openers or managing heavy or hard to open containers. **Low sugar and no sugar products** are of special importance.

## The goods we continually stock...

1. Canned and individually packaged tuna in water
2. Canned Salmon
3. Boost and Ensure
4. Canned vegetable soup (less than 800 mg of salt per serving, aim for at least 7 grams of protein)
5. Canned and bottled fruit juice (100% fruit juice, ones with added calcium are good)
6. Instant or quick cooking oatmeal – NOT AT THIS TIME
7. Cold cereals (whole grains, at least 3 grams of fiber per serving) –NOT AT THIS TIME
8. Sugar free pudding in individual servings
9. Graham crackers
10. Vanilla wafers
11. Tea biscuits
12. Rice
13. Lower sodium crackers
14. Small cans/plastic cups of fruit packed in juice
15. Low sodium vegetables
16. Peanut butter (small jars please)
17. Jelly (regular and sugar free)
18. Oil
19. Mayonnaise
20. Sugar (3-5 lb bag)
21. Flour (white-3-5 lb bag)
22. Ketchup
23. Honey
24. Spaghetti Sauce
25. Spaghetti/elbows
26. Macaroni & Cheese
27. Stop and Shop, Market Basket or Shaw's Gift Cards in any amounts for emergency needs

**Please:** No meat products, no products needing refrigeration, and no goods reaching expiration. We also accept personal care items and paper goods, including napkins, paper towels and toilet paper.

**Please be sure to check for a kosher symbol on all food products.**



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