



## HOOD CANAL SCHOOL PANTRY LIST 2026



### Canned Proteins (Meats & Alternatives)

- \* Canned chicken or turkey
- \* Canned tuna or salmon
- \* Canned ham or roast beef
- \* Canned chili with beans
- \* Canned stew or soups with meat
- \* Spam or luncheon meat
- \* Canned beans (black, kidney, pinto, navy, etc.)
- \* Canned refried beans
- \* Canned lentils or chickpeas
- \* Peanut butter (technically not canned, but essential for protein)



### Canned Vegetables

- \* Corn
- \* Green beans
- \* Peas
- \* Carrots
- \* Mixed vegetables
- \* Spinach or collard greens
- \* Potatoes
- \* Beets
- \* Pumpkin (100% pure, not pie filling)
- \* Sweet potatoes or yams



### Canned Tomatoes & Related

- \* Diced tomatoes
- \* Stewed tomatoes
- \* Tomato sauce
- \* Tomato paste
- \* Canned spaghetti or pasta sauce



### Canned Fruits

- \* Peaches
- \* Pears
- \* Pineapple
- \* Mandarin oranges
- \* Applesauce
- \* Fruit cocktail (Choose fruit packed in juice or light syrup when possible)



### Canned Meals & Convenience Items

- \* Canned soups (especially hearty varieties like chicken noodle, vegetable, or minestrone)
- \* Canned pasta (ravioli, spaghetti rings, etc.)
- \* Canned chili (vegetarian or meat-based)
- \* Canned curries or ethnic meals (if available)



### Other Helpful Shelf-Stable Items

(While not canned, these complement canned donations perfectly)

- \* Oatmeal Packets
- \* Rice or instant rice
- \* Boxed pasta or instant noodles
- \* Canned or boxed broth (chicken, beef, or vegetable)
- \* Instant mashed potatoes
- \* Shelf-stable milk or plant-based milk
- \* Crackers or biscuits

### NOTES

Drop off to HCIC Member Meetings at the Union Fire Hall

50 E Seattle Street, Union, WA 98592

This is not a dedicated drop-off location (only at Member Meetings the first Tuesday of every month)

or

McReavy House Porch

10 E 2<sup>nd</sup> Street, Union, WA 98592

Best to coordinate in advance – call Kerry Myers at 360-710-7452