



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 2nd Street, Union, WA 98592

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

Kerry London Myers/President | Peggy Jewell/Vice President | Tony Talacko/Member at Large
Deanna Burnett Keener/Interim Treasurer | Sanda Petrich/Sponsors & Membership
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