



MOST NEEDED FOOD ITEMS

IFPN cannot accept unlabeled or dented cans, open packaging, homemade foods or expired products.

FRUITS & VEGETABLES

Fruit canned in its own juice or with "no sugar added" or vegetables with low sodium or "no salt added".

Canned Fruit
100% Juice 32 oz.
Canned Vegetables
Spaghetti / Tomato Sauce,
Tomato Products (crushed,
whole, diced, paste, puree)
Fresh Produce from your
garden (uncooked)

DAIRY

Donate shelf-stable
low-fat (1%) or non-fat dairy
products
Parmalat (shelf stable 32 oz.
size)
Dry Milk (1-qt. package)
Evaporated Milk
Calcium-fortified Milk alterna-
tives such as soy, rice or
almond milks

PROTEIN

Look for "no salt added", "low
-sodium" and "canned in water"
Canned Beans (Pork and
Beans, Pinto, Red, White, not
green beans)
Dried Beans
Tuna Fish, Salmon and other
canned fish
Peanut Butter, 18 oz.
Canned Meats and Meals
(ravioli, spaghetti & meatballs,
hash, stew canned chicken)

GRAINS

Cereal – low sugar, high fiber
Oatmeal
Pasta/ Whole wheat Pasta
Rice /Brown Rice – 1 or 2 lb.
sizes
Donate whole grains as often
as you can

SIDE DISHES

Mac 'n Cheese
Instant Potatoes
Stuffing
Rice-A-Roni
Hamburger Helper

SOUPS

Hearty, Low-Sodium,
Regular

BABY ITEMS

Enfamil Infant Formula (NOT
Newborn)
Baby Food – Stage 1 Fruits
and Stage 3 Vegetables &
Meats
Diapers 5 & 6
Pull Ups 4T & 5T
Baby Wipes

SPECIALTY ITEMS

Gluten Free Products
Boost or Ensure, regular
Boost Glucose Control or
Glucerna
Adult Depends (no tabs)
Tea (100 count boxes)
Resealable sandwich bags and
quart sized Plastic Bags

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