



SPRING FOOD DONATION

for Non-Perishable Items

MONTVILLE KIWANIS FOOD PANTRY

Opt for Healthy Options – Heart healthy,
low sugar and low sodium, protein

Proteins:

- Canned Poultry (Chicken, Turkey)
- Canned Fish (Tuna, Salmon, Sardines)
- Canned Meat (SPAM, Ham, Corned Beef)
- Peanut Butter
- Canned Beans (Kidney, Plack, Pinto, etc.)

Pantry Staples:

- Rice
- Pasta Sauce
- Oils & Condiments
- Coffee / Tea
- Shelf-Stable Milk (Dairy or Plant-Based)

Breakfast:

- Heart Healthy Cereal (Cold)
- Oatmeal (Instant & Old Fashion)

Fruits & Vegetables

- Canned Vegetables (Low Sodium preferred)
- Canned Fruit (Packed in juice or light syrup preferred)
- 100% Fruit Juice

Meals & Snacks

- Heart Healthy. Protein Rich Soups (Chunky, Not Condensed)
- Healthy Snacks (Granola bars, nuts, dried fruit)
- Fruit Preserves / Jelly

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