



Hello!! Thank you in advance for any help you can offer in stocking up the OLQP Food Pantry. Below is the list of items that generally go into a bag with the most needed items listed **first**.

- Instant corn tortilla flour (brands such as Maseca)
- Canola or corn oil (32 oz. or less)
- boxed healthy cereal or oatmeal (no sugary cereals)
- spaghetti sauce
- canned fruit (in its own juice)
- canned meat/tuna
- canned vegetables (low sodium preferably)
- pasta
- boxed mac & cheese
- dried beans
- rice