

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



EXAMPLES OF OUR MOST NEEDED ITEMS

Listed below are examples of our most requested items, however we accept ALL non-perishable items.

Together, we can help Long Islanders facing hunger.



BREAKFAST

Cereals
Oatmeal



BOXED/BAGGED GRAINS

Pasta
Rice (Brown/White)



CANNED FRUITS

Low Sugar items
No Sugar Added



CANNED MEALS

Soups
Pasta Meals
Stews



CANNED PROTEINS

Chicken
Fish (Tuna, Salmon, etc.)
Beans



CANNED VEGETABLES

Low Sodium Items
No Salt Added



COOKING & PANTRY

Condiments/Spices
Olive Oil
Sauces



DAIRY

Shelf-Stable Milk
Canned/Evaporated/
Dry Milk



TOILETRIES

Toilet Paper
Tissues
Paper Towels



BABY SUPPLIES

Formula
Baby Food/Snacks
Diapers



PANTRY STAPLES

Peanut Butter
Jelly/Jams
Juices (100% Fruit)

IMPORTANT INFORMATION

- Let's promote healthy eating! Choose foods that are low in sugar/sodium and free of high fructose corn syrup.
- Only boxes, cans, or plastic.
- **NO GLASS.**

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