

Preferred food items for VA food pantry

(“canned” refers to anything shelf stable: can, box, pouch)

- Peanut butter (ok to accept other nut butters, including sunflower seed and soy nut)
- Canned fish and meats, tuna, salmon, chicken (prefer not high salt items like Spam, corned beef)
- Canned beans, all kinds
- Canned vegetables, low sodium are great, but not required
- Shelf stable packaged fruit in juice or light syrup
- Canned beef stew and soup
- Pasta (prefer plain, not seasoned due to high sodium)
- Rice (prefer plain rice, not seasoned due to high sodium)
- Shelf stable or powdered milk
- Some “treats” – okay to have 20% of the bag for more “indulgent” foods like cookies, crackers

We also make some bags specifically for veterans without access to cooking facilities, and these items are great for those:

- Smaller (single serving) sizes
- Peanut butter
- Tuna packets
- Crackers, graham crackers
- “bars” – granola, protein, nut bars
- Fruit cups
- Regular protein shakes (not Boost or Ensure)
- Canned ready to eat foods, such as: ravioli, beef stew, etc.