



Help Make A Difference!



Grocery Pantry Most Needed Items

Low-sodium and sugar-free options are appreciated

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| Manual can openers | Fresh fruit and vegetables! |
| Canned tuna | Canned chicken |
| Spaghetti sauce | Canned pasta dinners |
| Peanut butter | Jelly (grape or strawberry) |
| Rice (2 lb bags) | Dried beans (red or black) |
| Canned soup | Canned beans (red or black) |
| Canned vegetables | Fruit cups or canned fruit |
| Mac & cheese | Vegetable oil |
| Sugar (2 or 4 lb bags) | All-purpose flour (2 or 5 lb bags) |
| Cereal | Pancake mix & syrup |
| Oatmeal | Cream of wheat |
| Coffee | Juice or juice boxes |
| Tea | Dry or shelf-stable milk |
| Spices | Reusable grocery bags |

Regular sizes are better than big family/economy size products! Many homes have limited storage, and it's also easier to carry for people who are walking or taking public transit.

Please deliver Monday through Friday, 9:30am to noon. Contact us for a weekend delivery or large donations!

You can also visit <https://www.opendoorsctdonate.org>
to shop online and help stock our grocery pantry!



Open Doors' Smilow Life Center side entrance, Merritt Place, Norwalk, CT 06854
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