



118 Division Street, Elizabeth, NJ
07201, phone: (908) 354-5456, fax:
(908) 354-1433, www.sjeliz.org

Help Nourish Our Community!

Most Needed Items:

Fruits

- Shelf-stable fruit cups in own juices preferred
- Dried fruit
- Hardy fresh fruits such as apples, oranges, unripe bananas

Grains

- Crackers, pasta, whole grain preferred
- Brown and White Rice, 1-2 lb. pkg
- Oatmeal
- Grits
- Whole grains such as barley, quinoa, farro
- Ready to eat cereal, unsweetened with 3 gm fiber or more/serving preferred

Dairy

- Shelf stable milk, low fat 1% or fat-free preferred
- Dried milk
- Shelf stable Calcium-fortified milk alternatives (soy, almond, rice)

Vegetables

- Canned, no added salt or low-sodium preferred
- 100% Vegetable Juice
- Tomato sauce in plastic jars
- Hardy vegetables such as potatoes, carrots, onions, winter squash

Protein

- Canned chicken and fish, packed in water/no added salt preferred, flip top or pouches
- Dried beans, peas, lentils
- Canned beans, no added salt or low sodium preferred
- Peanut and nut butters, plastic jars
- Raw or dry roasted nuts

Other

- Canned with flip tops or shelf-stable soups, no added salt or low sodium preferred
- Jelly, plastic jars
- Single serve, microwaveable shelf stable meals

Please No Glass

Thank you for your generosity!

“Share your bread with the hungry and shelter the homeless poor.” – (Isaiah 58)