



Food Drive
Donation Guidelines
Tulsa CARES Food Pantry

Boxed Items

- Rice, including brown rice
- Mashed potatoes
- Biscuit and muffin mix (whole grain)
- Macaroni and cheese
- Shelf-stable milk
- Oatmeal, reduced sugar-instant and old fashioned
- Cereal - whole grain

Canned Items

- Tuna
- **Salmon**
- **Chicken**
- Vegetables, low sodium
- **Fruit, no-sugar-added or canned in 100% fruit juice**
- **Soup – Campbell’s Chunky Healthy Request**
- Sardines
- Chili – turkey
- Beans – variety
- 100% Fruit Juices, including reduced sugar

Food items in bold are always needed in larger amounts.

The Tulsa CARES food pantry does not stock any items that contain **trans-fat**. We aim to provide clients with food options that meet personal health needs. All food items must be in-date (not expired). **For safety reasons, dented cans and expired items cannot be distributed.**

Bottled/Jar Items

- Light salad dressing
- Light mayonnaise
- Canola or olive oil
- Jam and jelly, including reduced sugar varieties
- Peanut butter, including natural
- Ketchup
- Mustard
- Pickles and olives
- Salsa
- Soy sauce (reduced sodium)
- Nonstick cooking spray
- **Herbs, seasonings – low sodium variety**
- Tea
- **Coffee**

Non-food Items

- Denture cleaner
- Lotion
- **Feminine Hygiene**
- Bandages
- Alcohol
- Hydrogen peroxide
- Toilet paper and Kleenex
- Dish and Dishwasher soap
- Bleach
- Sandwich bags
- Toothbrush, toothpaste
- Body Soap
- Shampoo and Conditioner
- Deodorant
- Coffee Filters
- Hand-held can openers
- Digital food thermometers