**DEDHAM FOOD PANTRY**

**MOST DESIRED NON-PERISHABLE FOOD ITEMS**:

* **Protein**: Tuna fish, chicken, salmon, beans, peanut butter, low-sodium soups & stews, nuts
* **Vegetables**: Low-sodium vegetables, tomato products, spaghetti sauce
* **Fruit**: Dried fruit, applesauce, any canned fruit in its own juice
* **Whole Grains**: Crackers, oatmeal, whole grain rice, pasta, low sugar/high fiber cereal (Cheerios, Raisin Bran, etc.)
* **Dairy**: Dried, evaporated, and boxed shelf stable milk