People's Resource Center

Our Most Needed Food Pantry Items
November 2025

SHELF-STABLE:

- **Apples**
- **Corn**
- **Canned Fruit** (in juice)
- **Brown Rice**
- **Canned Veggies** (low sodium)
- **Mac and Cheese**
- **Soup** (low sodium)
- **Meals in a Can** (chili, SpagettiOs, etc.)
- **Tuna**
- **Low Sugar Cereal**

PRODUCE:

- **Apples**
- **Oranges**
- **Avocados**
- **Sweet peppers**
- **Sweet potatoes**

Learn more at www.peoplesrc.org/give-food-or-goods