

Boston Medical Center Preventive Food Pantry

Food List

These are foods that are being distributed on a daily basis at the pantry. Donations are greatly appreciated.

Grains
(Breads, Rice, Cereal, Pasta)
Any cold and hot non-sugared cereals , Infant oat meals
Vanilla Wafers
All low fat, low sodium crackers
Graham Crackers
Dried pasta (spaghetti and elbows preferred) – preferably whole grain
Rice (1-2 lb. Bag)
Any dried beans / canned beans / baked beans
Fruits and Vegetables
All canned fruits packed in juice or water
All canned vegetables
Dried fruits (Raisins preferred)
Tomato Sauce (preferably low sodium)
Pasta Sauce (preferably low sodium)
Meats/Meat Substitutes
Premium chunk white canned chicken
Canned tuna packed in water
Canned sardines packed in water
Peanut Butter (regular and reduced fat)
Dairy/Dairy Substitutes
Dry milk
Shelf Stable milk (e.g. Parmalat)
Evaporated skim milk
Evaporated regular milk
Similac Advance with Iron
Also special formulas: Similac Sensitive, Similac Total Comfort and Enfamil Gentlease
Fats/Oils/Condiments
Vegetable Oil
Reduced sugar and regular jelly
Spices (all varieties)
Mixed Foods
Macaroni and Cheese
All soups (preferably low sodium) Beef Stew (preferably low sodium)