

Help stock our local food pantries!



The federal government shutdown has created a greater need for food and personal care items for individuals and families in our communities. Please consider donating or increasing your donations to our local food pantries to help meet the need of our friends and neighbors!



FOOD | SHELTER | EDUCATION | PROBLEM SOLVING

Upper Valley Haven

Canned/Jar Foods

- Applesauce
- Tuna
- Chicken
- Fruits
- Vegetables
- Ham
- Pasta
- Pasta sauce
- Condiments
- Soups
- Tomatoes
- Beans (black, red, or white)

Boxed items

- Cereal (all varieties)
- Rice
- Pasta
- Soups
- Oatmeal (instant/regular)
- Mac n Cheese
- Pancake mix

Snacks For Kids

- Granola bars
- Cheese and crackers
- Applesauce containers
- Pudding packs
- Smaller canned fruits
- Fruit squeeze pouches
- Veggie squeeze pouches
- Peanut butter
- Raisins
- Cranberry raisins
- Shelf stable milk

Staples

- Jelly/Jam
- Mayonnaise
- Mustard
- Ketchup

Personal Care

- Ladies personal care items
- Toilet Paper
- Shampoo
- Conditioner
- Soap
- Lotion
- Toothpaste
- Toothbrushes
- Hairbrushes/combs
- Other toiletries

Other

- potatoes
- apples
- citrus fruits

For Babies

- Baby Formula
- Baby Food
- Diapers & Wipes
- Baby lotions & shampoos

The UV Haven's Location & Hours:

713 Hartford Ave, White River Jct. VT

Monday-Thursday
9am-6pm
& Friday 9am-4pm

uppervalleyhaven.org/programs/food-shelf/

Listen's Location & Hours:

60 Hanover Street, Lebanon, NH

Monday-Friday
9am-5pm

listencommunityservices.org/food-pantry/



**Thank you
for your
generosity!**

These food pantries rely on food drives and donations to keep the pantries in stock. Cash donations are welcome as these organizations receive wholesale pricing when purchasing food to stock the pantry.