

KANKAKEE AREA YMCA

FOOD PANTRY

ITEM DONATIONS: PANTRY STAPLES

PROTEINS

Dried beans, chickpeas, or lentils
Canned tuna, chicken, or salmon
Peanut butter
Low sodium canned beans

GRAINS

Cereal and oatmeal with less than 12 g of sugar
Whole grain bread
Whole grain Pasta
Whole grain tortillas
Barley, quinoa, and couscous
Brown Rice

DAIRY

Shelf-stable low-fat dairy, soy,
almond, or rice milk
Powdered milk

VEGETABLES

No added salt canned vegetables
No added salt or low sodium spaghetti sauce
Low sodium canned soups
Instant mashed potatoes

FRUITS

Canned fruit in water, light syrup, or 100% juice
Unsweetened applesauce
Dried fruit

OTHER

Canola or olive oil
Low sodium broth
Tea and coffee
Dried herbs and seasonings
Olive oil mayonnaise

The YMCA food pantry
gladly accepts all
non-perishable food
items.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



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ITEM DONATIONS: PERSONAL ITEMS

BABY

Disposable diapers
Diaper wipes
Diaper rash ointment
Baby shampoo
Bottles

BATHROOM

Toilet paper
Bar soap
Deodorant
Shampoo
Conditioner
Feminine hygiene products
Body lotion
Disposable razors
Hairspray

KITCHEN SUPPLIES

Can openers
Utensils
Mixing spoons
Containers with lids

CLEANING

Paper towels
Household cleaners
Dish soap

LAUNDRY

Laundry detergent
Fabric softener
Dryer sheets

ORAL HEALTH

Toothpaste
Toothbrush
Mouthwash
Chapstick

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personal items.



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