



bear essentials food pantry **WISHLIST**



If you would like to donate, here are some items we would love to have.

grains

rice - all kinds
pasta - all kinds
ramen noodles
cereal
oatmeal
flour
quinoa
barley

proteins

canned tuna
canned chicken
peanut butter
shelf stable tofu
lentils, chickpeas, beans -
dry and canned

hygiene

menstrual products
dental care
soap
shampoo
conditioner
toilet paper
laundry detergent
baby products

snacks

granola bars
fruit cups
chips
popcorn
toaster pastries

misc

can opener
cooking oil
spices & seasonings
soy sauce
oyster sauce
fish sauce
chili pepper paste
soups - all kinds
ready rice / pasta
microwaveable meals

fruit & veg

jelly
pasta sauce
canned fruit
canned vegetables
dried fruit

**We love items that accommodate dietary restrictions,
represent diverse cultures, and / or are health conscious.**