# Healthy Pantry Items

## Healthy Snacks
- Individually packaged:
  - Nuts (no salt or low salt added)
  - Dried Fruit (no sugar added)
  - Peanut Butter/Nut Butters
  - Apple sauce (no sugar added)
- Popcorn
- Granola Bars (<10 grams sugar)
- Oatmeal (low sugar)
- Rice cakes

## Whole Grains
- Quinoa
- Brown Rice
- Whole wheat pasta
- 100% whole wheat bread
- Oatmeal (low or no sugar)
- Cereal (low sugar)

## Proteins
- Canned chicken, tuna, salmon (in water)
- Canned sardines
- Dried beans
- Canned beans (no sodium added)
- Lentils

## Condiments
- Mustard
- Salsa
  - Oils:
    - Coconut oil
    - Olive oil
    - Sesame seed oil
- Vinegars
  - Apple cider vinegar
  - Rice vinegar
  - Balsamic vinegar
  - Red wine vinegar
- Spices:
  - Garlic powder
  - Oregano
  - Basil
  - Black pepper
  - Sea salt
  - Paprika
  - Curry
  - Cumin
  - Celery seed
  - Dill

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# Drop-Off Location and Hours
Our main drop-off location for donations is 71 O Street, NW, Washington, DC 20001
6:30am-3:30pm Monday-Friday and 6:30am-3:00pm Saturday-Sunday

Thank you for helping to feed the hungry in our community!

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**So Others Might Eat**

www.some.org