



## Food Drive Shopping List

Instant Oatmeal packs - plain, no sugar

Breakfast bars

Cereal - low sugar, like Cheerios or Bran Flakes

Peanut butter – 16oz jars

Cans or packs (pouches) of tuna or chicken

Canned beans – black, cannellini, etc.

Canned vegetables - low sodium or no salt added

Canned fruit in water

Applesauce

Pasta

Pasta Sauce

Rice - small bags or boxes

Vegetable Oil or Olive Oil

Vinegar (Wine or Balsamic)

*Thank you for donating to our Food Drive today!*

SilverSource provides a safety net to older residents in need, to keep a roof over their heads, with the heat and lights on, food on the table and the medical care they need.

SilverSource delivers weekly groceries to homebound seniors in Stamford.

**For more information, contact Claudia at (203) 718-5448 or [claudia@silversource.org](mailto:claudia@silversource.org)**

**We thank you for your support.**