

## Pantry Project Food Donation Information

**Food Donations, Pick Up or Drop Off:** Six Working Group volunteers will serve as Geographical Area Coordinators

- LO/MB/North Coast: Anne Marie Bergen, [annemariebergen@gmail.com](mailto:annemariebergen@gmail.com), Phone: 209-402-8842
- SLO: Gail Cheda, [gailsendstuff@gmail.com](mailto:gailsendstuff@gmail.com), or Linda Elder, [lindamarie42@me.com](mailto:lindamarie42@me.com), Phone: 219-299-9266
- Avila Beach and WHS Center: Ana Herbekian, [anabass.designs@gmail.com](mailto:anabass.designs@gmail.com) Phone: 805-801-9446
- South County: Charlene West, [carlottawest@hotmail.com](mailto:carlottawest@hotmail.com), 805-459-0237, or Debbie May, [dmkittymama@yahoo.com](mailto:dmkittymama@yahoo.com), Phone: 805-489-2226

These Geographical Area Coordinators will pick up or receive food donations from you and then get them to the pantries as needed. Alternatively, you may bring food donations to the Sangha when attending and/or arrange another time for Center drop off (with Ana), if that is most convenient for you. (Please do not leave food outside the Center door without contacting Ana first.)

### Suggested Food List:

If you wish to support this program by shopping/donating food, here are suggestions for items needed:

- 1lb or 2lb bags of white rice
- 1lb or 2 lb bags pinto beans
- Packages of tortillas (flour or corn)
- Instant Oatmeal packets- individual (Costco)
- Dry Cereal / Pancake mix / Rolled Oats
- Case of Shelf-stable milk
- Costco-sized box granola bars / trail mix packets / fruit gummy packets / microwave popcorn
- Onions / Potatoes (5-10 lbs)
- Fresh veggies and fruits (long shelf life)
- Canned veggies esp. Corn
- Canned tuna / chicken
- Canned jalapeno peppers / hot sauces / salsa
- Mac and cheese boxes
- Dry Spaghetti / Pasta
- Pasta Sauce
- Canned fruit / Fruit cups / Fruit juice
- Peanut butter / Jelly
- Ketchup / Mustard / Mayo / Salad dressing
- Personal hygiene products (soap, shampoo, toothpaste, toothbrushes, dish soap)

**Volunteering:** Interested in volunteering to help this project? Call, text, or email Anne Marie 209-402-8842, [annemariebergen@gmail.com](mailto:annemariebergen@gmail.com)

The Pantry Project is greatly needed in our community—thanks for your support!