



## Our Little Free Pantry

The Little Free Pantry (LFP) is a way for neighbors to help neighbors. The Trinity LFP is part of our continuing efforts to positively change and impact our Trumbull community. It was born out of several discussions between Rev. Kate, the Vestry and the 175<sup>th</sup> Anniversary Committee in exploring ways to complement our community outreach projects. It is our intention to offer the LFP as a readily accessible resource to the community.

Based on the principle, “Take what you need, leave what you can,” the Trinity LFP will be stocked with small food items, personal and paper products, and cleaning supplies. This area has many homes that are food insecure. The LFP will strengthen community bonds through neighbor helping neighbor – those that can, will be encouraged to give – those that need, will have an additional resource to consider when immediate need arises.

The LFP is small, so it cannot stock large quantities of food or personal products. For this reason, it cannot really be relied on for meeting pervasive need. Anyone may access the LFP at any time. It is never locked and, hopefully, rarely empty. Food pantries are critical in addressing food insecurity. But sometimes people can’t get there in time. The LFP is a safety net.

Keep the weather in mind: if it will be well below freezing or above 80-85, consider what might be ruined by being frozen or overheated. Here are a few ideas: canned vegetables, dried or boxed foods, cereals, pasta mixes, protein bars, personal care items, baby items, paper goods, kid-friendly stuff. DO NOT put the following in the LFP: sharp items such as razors, chemicals, previously worn clothing, anything expired or out of date, alcoholic beverages, or anything illegal. A more complete listing of items can be found on the message board by our parking lot entrance or on our website at <https://www.trinitynichols.org>

There are now nearly 2000 Little Free Pantries in the United States modeled after the little free libraries. If our LFP is a success, we may consider expanding it as well as adding a library.

Please feel free to drop off donations or take what you need.

Blessings,

Rev. Kate

# Trinity's Little Free Pantry Donation Ideas

**For all canned items: “easy open” ring pull tabs are helpful (person may not have access to can opener)**

**Please, no alcohol or tobacco products, perishable items, or anything illegal or unsafe**

## **Proteins**

- Canned meats (Ring pull tab only): chicken, ham, spam, corned beef
- Fish (packets or canned): tuna, salmon, Sardines
- Beans (canned or dry): pinto, black, cannellini
- Nut / seed butter: peanut, almond, sunflower
- Jerky: mushroom, beef, turkey
- Assorted nut mixes
- Protein bars

## **Soups, Stocks, & Broth**

- Soups (boxed or canned): tomato, chicken noodle, beef stew, vegetable, cream of mushroom
- Broth or stock (boxed or canned): beef, chicken, veggie
- Mac & cheese, ready to eat
- Canned chili
- Campbell's Ready Meals

## **Fruits & Vegetables**

- Apple sauce
- Dried fruit: mango, cranberries, raisins
- Canned fruit (pull tab) : mandarins, peaches, pineapple
- Individual fruit cups
- Fruit strips or gummies
- Canned vegetables: green beans, peas, corn, carrots, tomatoes, veg-all, etc.
- Pizza Sauce (jars or cans)
- Baby food (jars or pouches)

## **Milks & Beverages**

- Shelf-stable almond or soy milk
- Powdered or condensed milk
- Water bottles
- Juice boxes

## **Grains & Carbs**

- Pasta: spaghetti, linguine, penne, macaroni
- Rice: instant packages, bags
- Shelf stable pizza crust
- Tortillas
- Cereal & granola (individual boxes)
- Cereal bars & granola bars
- Trail Mix
- Crackers
- Rice cakes
- Pretzels
- Popcorn (kernels or microwaveable)
- Pudding or jello cups

## **Non-food Items**

- Dog / cat food
- Socks
- Rain gear
- Baby wipes & diapers
- Deodorant
- Toothpaste & alcohol-free mouthwash
- Shampoo & conditioner
- Sun block & SPF lotions
- Toilet paper
- Feminine hygiene products
- Sanitizer sprays or wipes
- Gloves
- First-Aid supplies
- Cleaning supplies

