



# HARDWICK AREA FOOD PANTRY MOST NEEDED ITEMS

Dried fruits, no sugar added  
Nuts  
Seeds  
Gluten-free options  
Almond milk  
Coconut milk  
Salsa  
Rolled oats  
Herbal tea  
Coffee  
Broths and stock  
Canned beans  
Cocoa powder  
Salt and spices  
Baking soda  
Baking powder  
Easy prep meals (canned/boxed)

Tomato/vegetable juice  
Low-sodium soup  
Nut butters  
Honey  
Small bags of flour  
Sugar  
Menstrual products  
Olive, coconut,  
and avocado oil  
Tooth brushes  
Toothpaste  
Soap  
Dish soap  
Canned fruit  
Jelly/jam  
Snack foods

*Thank  
you!*

**The Hardwick Area Food Pantry has sites in Hardwick,  
Craftsbury, and Albany. We welcome people from all  
towns and have no income requirements!**