

Seacoast Family Food Pantry

Ongoing Needs

- Peanut Butter and Jelly
- Cold Cereal: low sugar
- Soups: Chunky with meat
- 100% Fruit Juice
- Canned Fruit: no sugar added or low sugar
- Condiments: ketchup, mustard, mayo, salad dressings
- Rice: brown/white/boxed
- Healthy Snacks
- Oil: canola/vegetable/olive
- Beans: dry and canned
- Oatmeal
- Coffee, Tea, Hot Chocolate
- Laundry detergent, dish soap, shampoo, deodorant
- Toilet Paper, tissues, paper towels
- Sun Block
- Denture adhesive and cleaner
- Tuna
- Baking supplies

The need increases during the summer and donations lessen.

- All items on "Ongoing Needs" list
- Powdered milk and shelf milk
- Pancake mix
- Flour, sugar, sugar substitute

Contact:

- Diane Giese
- Executive Director
- Phone: 603-436-6161
- Email: dgiese13@comcast.net

- Margie Parker
- Pantry Director
- Phone: 603-436-0641
- Email: margie.p@comcast.net