

# Amma's Pantry



*A collaboration with  
the Food Bank of  
Contra Costa and Solano*



## MOST NEEDED NON-PERISHABLE FOOD ITEMS

----- *Please no glass containers* -----

- Peanut Butter
- Dried or Canned Beans and Peas
- Hearty Soups
- Shelf-stable Milk
- Enriched Rice and Pasta
- Grains (Oatmeal, Quinoa, Bulgur, Couscous)
- Canned Tomato Products
- Canned Fruit in Water or Juice
- Low-Sodium Canned Vegetables
- Side Dishes (Mac & Cheese, Cornbread Mix, etc.)
- Healthy Snacks (Crackers, Trail Mix, Granola, Cereal Bars)

## ----- 2020 Bag Exchange Dates at M.A. Center: -----

**SATURDAYS in 2020 (usually 2nd Saturday):**

**February 8<sup>th</sup>**

**April 11<sup>th</sup>**

**(skipping June due to Tour)**

**August 8<sup>th</sup>**

**October 10<sup>th</sup>**

**December 12<sup>th</sup>**

You will receive an email reminder before each Bag Exchange date. You can exchange your bag with your food donations between 4:30pm and 8:30pm for an empty Green Bag to bring home for the next date.

*Thank you for your participation!!!*

Questions? Email Aswati at [ammasaswati@gmail.com](mailto:ammasaswati@gmail.com). Om Amriteshwariye Namaha!