

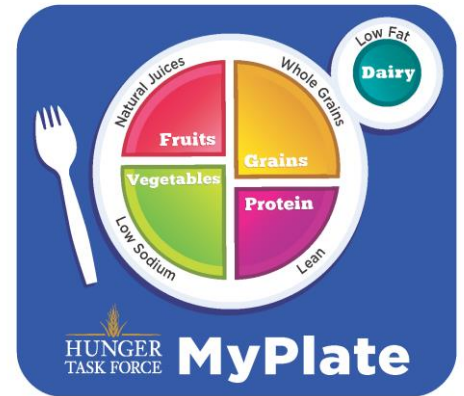


Are you wondering why the Riverwest Food Pantry requests specific items each week?

Nutritious food matters and families need healthy food to thrive!

Yet 79% of families that utilize pantries report buying groceries they know are unhealthy because their food dollars are limited.

We support the dignity of our shoppers by providing access to healthy foods. That is why we have embraced the MyPlate Food Model.



You Can Help By:

Donating the requested items of the week or by making selections from the Preferred Food Items below to enhance our available inventory.

or

Designating a monetary contribution to our Healthy Food Fund, which allows us to improve our inventory.

The Riverwest Food Pantry partners with two local food banks, Hunger Task Force and Feeding America, in an effort to offer more nutritious food than ever before to our community.

Riverwest Food Pantry Preferred Food Items:

FRUITS

NO-ADDED SUGAR
CANNED FRUITS
100% JUICE
DRINKS
DRIED FRUITS

VEGETABLES

LOW- AND NO-SALT
CANNED VEGETABLES
TOMATO PRODUCTS
SPAGHETTI SAUCE

GRAINS

WHOLE GRAIN PASTA
BROWN RICE
NO-SUGAR ADDED CEREAL
WHOLE GRAIN FLOUR
COUSCOUS
QUINOA

PROTEIN

LOW- AND NO-SALT
CANNED CHICKEN
TUNA & SALMON
DRIED BEANS
VARIOUS NUTS
CANNED BEANS
PEANUT BUTTER

DAIRY

LOW FAT
SHELF
STABLE
BOXED MILK
OF ALL
TYPES

HEALTHY CONDIMENTS

OLIVE & CANOLA OIL
DRIED HERBS
SALT-FREE
SEASONINGS
LOW-SALT
SALAD DRESSINGS

"We come together around food to relieve hunger, improve lives, and grow community well-being."

Come Volunteer!



Saturdays: St. Casimir
8:00 a.m. - 11:00 a.m.
924 E. Clarke St.
Milwaukee



Tuesdays: Gaenslen School
4:00 p.m. - 6:30 p.m.
1250 E. Burleigh St.
Milwaukee



Wednesdays and Fridays: St. Casimir
8:30 a.m. - 11:00 a.m.
924 E. Clarke St.

Phone Number: 414-301-1478 www.riverwestfoodpantry.org
Volunteer Information email: volunteer@riverwestfoodpantry.org