

InterAct Emergency Shelter Food Pantry Wish List

InterAct gratefully accepts NEW and UNUSED items.

Protein Foods: Meat, Poultry, Fish, Dry Beans and Nuts

baked beans
bean soups
canned beef stews
canned chicken
canned chili
canned nuts
canned ravioli/ spaghettios
canned salmon
canned tuna
canned or dried beans
peanut butter

Grains: Bread, Cereal, Rice, and Pasta

bread
bread, muffin, and pancake mixes
bran cereal
canned pastas
cold cereals
dry noodles and pastas
flour
graham crackers
granola bars
hot cereal mixes
infant cereal
macaroni and cheese
noodle mixes
oatmeal
rice and rice mixes
shredded wheat
whole-grain crackers

Dairy: Milk, Yogurt and Cheese

canned and boxed pudding
evaporated milk
instant breakfast drinks
infant formula
nonfat dry milk
shelf-stable (UHT) milk (small boxes)

Vegetables

baby-food vegetables
canned tomato products
canned vegetables
spaghetti sauce
V-8 juice
vegetable soup

Fruits

applesauce
baby-food fruit
canned fruit
canned and boxed 100% juice
dried fruits
fruit leather (100% fruit)
raisins

Oils and Condiments

bbq sauce
honey
jelly
ketchup
mayonnaise
mustard
ranch
salad dressing
sugar
syrup
vegetable oil

Miscellaneous

coffee
spices
tea

All donations are accepted at

Pass It On Thriftique – Raleigh

1012 Oberlin Road
Raleigh, NC 27605
919-865-1601

Monday-Friday: 10 am – 5 pm
Saturday: 10 am – 3 pm

Pass It On Thriftique – Fuquay-Varina

309 S. Main Street
Fuquay-Varina, NC 27526
919-557-8020

Tuesday-Friday: 10 am – 5 pm
Saturday: 10 am – 3 pm

Questions? Need additional information?
Contact donations@interactofwake.org or 919-863-9682.