



Carver Market Wish List

Please donate healthy and nutritious food to our Carver Market. An unhealthy diet can cause obesity, diabetes, high cholesterol and heart disease, and serious public health problems.

Most Needed Foods:

- Rice – one pound boxes/bags
- Beans – one pound boxes/bags
- Pasta – one pound boxes/bags
- Tomato sauce
- Tuna
- Frozen or canned vegetables (corn, peas, mixed vegetables, etc.) labeled “low sodium,” “reduced sodium” or “no added salt.”
- Frozen or canned fruit (mixed cocktail, pineapple, etc.) labeled “canned in own juice” or “100% fruit juice”
- Cereal – 12-14 ounce boxes, preferably with 3g or more fiber per serving and 7g or less sugar per serving
- Packages of cheese (yellow American)
- Milk – fresh or preserved (Parmalat)
- Peanut Butter or Almond Butter
- Cooking Oil – 18 ounce bottles
- Snacks like granola, breakfast bars or nuts
- Condiments like salsa, oil or salt-free seasonings

Keep these tips in mind when selecting items to donate:

- Limit foods high in fat and sugar. Cakes, cookies, candies, and sweetened drinks do not offer much nutritional value. Consider donating foods high in fiber and low in sugar.
- Packaged foods are often high in sodium. Look for foods labeled “low sodium,” “reduced sodium” or “no added salt.”
- Consider donating fruits and vegetables. Stock up on lower-sodium canned tomatoes and other vegetables. Select canned fruits labeled “100% juice.”
- Whole grains are a complete package. Look for whole wheat bread, brown rice and other whole-grain products. By consuming whole-grain foods, families get more fiber and vitamins with each bite.

Diapers (Larger sizes preferred) | Powdered Baby Formula

Gift cards are also helpful for emergency distribution or to accommodate special needs. Gift cards can be in any increment. The most convenient supermarkets are Pathmark and Stop & Shop.

A few things to keep in mind when donating items to the Carver Market:

Most clients walk to and from the Carver Market, so bulky, heavy items can be a burden. Instead of donating cans of soup, consider the freeze-dried boxed versions, which are much lighter.

The Carver Market has a walk-in refrigerator, so we are able to accept fresh produce and perishable foods. We cannot divide bulk quantities of foods into smaller portions, so when shopping, look for 1-pound boxes and bags as opposed to the 5 or 10 pound versions.

Thank you for supporting Carver Center!