



Food insecurity is growing on Long Island. According to LI Cares there are 221,000 food insecure Long Islanders, including 69,000 children. This is a significant increase compared to 2023. The surge is due to a multitude of factors including high unemployment rates and the inflation of food prices.

Food pantries now try to give the recipients a choice in the food they receive. Imagine the anxiety a mother may experience if she goes to a food pantry to get food and half the items she is given cannot be eaten by her child due to a peanut allergy. When people are given a choice to select their food, they can feel less anxiety as they know they are picking food their families can and want to eat.

During Lent, we are asked to give up something or to help someone. We can do both by donating food during this Lenten Season. We are asking that each week during this Lenten season you donate non-perishable food items for the pantry if you are able.

Any donation is welcome and appreciated but during each week of Lent we have suggested items.

March 9th - plastic bottles of nut butter (peanut butter, almond butter, etc.) and jelly

March 16th – any kind of pasta and pasta sauce, 1-2 pound bags/boxes of rice

March 23rd – canned items (fruit, soup, vegetables), shelf stable milk

March 30th – toiletries (toothpaste, toothbrushes, soap, deodorant, feminine products, razors, shampoo, conditioner)

April 6th – canned meats/fish (chicken, spam, Vienna sausage, tuna, salmon)

April 13th – Palm Sunday – all sizes of diapers, baby supplies (wipes, lotions), formula, baby food

April 20th – Easter Sunday – dry cereal (cold), hot cereal (grits, oatmeal)

THANK YOU FOR YOUR GENEROUS SUPPORT. IT IS MUCH APPRECIATED.

Please leave your donated items in any of our food donation boxes located throughout the building on the first floor.