



# Pack The Ark Pantry this High Holiday Season

## **CANNED GOODS**

- Green Giant Green Beans and Peas
- 🛛 Goya Vegetarian Beans
- Dole/Del Monte Peaches, Pineapple, and Pears (regular and sugar free)
- Manischewitz Soup

### **CONDIMENTS AND SIDES**

- Canola Oil, Vegetable Oil, and Olive Oil
- Crackers (12 or 14 oz. boxes)
- □ Honey
- □ Hunt's/Red Gold Tomato Sauce (meat free)
- □ Jif/Skippy Peanut Butter
- □ Ketchup
- □ Mustard

#### GRAINS

- 🛛 Quinoa
- Pasta
- □ Gluten-Free Pasta
- Whole Wheat Pasta
- □ Wacky Mac Mac & Cheese
- □ Brown Rice
- □ White Rice

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# **HOUSEHOLD PRODUCTS**

- □ Bath Tissue
- Disinfecting Wipes
- □ Facial Tissue
- □ Paper Towels
- Liquid Dish Soap
- □ Sunscreen

#### PERSONAL CARE PRODUCTS

- □ Antiperspirant
- □ Mouthwash (alcohol free)
- □ Baby Wipes
- □ Children's Diapers (sizes 4, 5, 6)
- □ Children's Pull-Ups (sizes 4T/5T)
- □ Shampoo and Conditioner (full sized)
- □ Tampons
- □ Feminine Pads
- □ Toothbrush (individually packaged)
- □ Toothpaste (full sized)

The Ark's food pantries distribute kosher food, household essentials, and personal care items. All food donations must be certified kosher, as recommended by the cRc, and have six months before expiration. Common symbols include:





You can also donate items to The Ark through our Amazon Gift List. Visit amzn.to/45ZXSyR or scan the QR code.