

## Catholic Parish Outreach

2013 Raleigh Blvd., Raleigh, NC 27604  
www.cporaleigh.org • (919) 873-0245



### Special Diet Foods for Donation

We thank you for your help! Any contribution you can make to the pantry and our clients is deeply appreciated. This list is specifically for our clients who are on special diets and have restrictions on the foods that they can eat. Below are 2 ways to contribute:

- Purchase groceries. Use the shopping list to the right as a guide or buy multiples (for example, a case) of a couple items.
- No time to shop? Thanks to food donations and CPO's volume buying power, a **donation of \$40 feeds a family for one week**. Monetary donations are tax deductible. Make your check payable to **Catholic Parish Outreach**, and mail it at the address above.

CPO is the largest food pantry in the Triangle. The donations we receive are one of our primary means of meeting the growing need for assistance.

**We'd love to have you join us!** To volunteer at CPO, call our volunteer coordinator at (919) 847-1466.

### Help our clients with special dietary needs by purchasing some of the items below:

- Low sodium canned goods
- High fiber non-perishable foods
- Applesauce, canned peaches, canned pineapple, fruit cocktail & pears (in natural juices)
- Low sugar cereals
- Unsalted salad dressings
- Low sugar snacks
- Low sodium pre-packed meals
- Canned tuna & salmon without salt
- Peanut butter
- Juices: apple, cranberry & pear
- 1 small box of instant dry milk
- Diet supplement drinks:
  - Boost
  - Ensure
  - Glucerna
- Any non-perishable foods that are no sugar or no salt added

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