



Catholic Parish Outreach
Food Pantry
A Program of Catholic Charities

Providing Help – Creating Hope – Serving All



Help our clients with Special Dietary Needs

Below are some of the needs of people who have special dietary needs. By purchasing some of the items you will make it possible for us to provide them to our clients to make them healthier.

Note: Any non-perishable foods that are no sugar or no salt added are greatly appreciated.

LOW SODIUM DIET / RENAL DIET

Canned Low sodium Items (including Soups)	Unsalted Salad Dressings
Low Sodium Pre-packed Meals	Canned Tuna & Salmon without Salt
No Salt Spices	

DIABETIC DIET

Low sugar cereals	Low sugar snacks
Canned Fruit (in natural juices)	Juices (apple, cranberry & pear)

MISC.

Peanut butter	High fiber non-perishable foods
Box of Instant Dry Milk/Boxed Milk	Supplemental Protein drinks: Boost/Ensure/Glucerna

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+
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+
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