

# Little Free Pantry

Poolesville Presbyterian Church has launched the first location of the Little Free Pantry, here in Poolesville, MD. The Little Free Pantry provides yet another way to fill the gap in food security for residents by providing a way for neighbors to give what they have and take what they need. It is intended as an occasional resource to supplement other food security programs such as WUMCO-Help, as well as reach those with an occasional need.

The church will oversee the Little Free Pantry and guide its restocking. We encourage community members to stop by and leave what non-perishable items they can share when the cupboards look bare! We are working on a Facebook page to keep interested community members informed as to any needs as we learn how best to meet the needs of the community with this new resource.

For more information on the Little Pantry Project, visit: <http://www.littlefreepantry.org>.

## LOCATION:

***Poolesville Presbyterian Church  
17800 Elgin Rd , Poolesville MD 20837***

**On the left, near the first parking spaces as you enter the church parking lot.**



*Available year round, 24/7 . During periods of extreme cold weather some items may not be available due to freezing temperatures. The pantry is monitored and refilled throughout the week, so check back often. Suggestions for items can be left on the Wish List chalkboard, or emailed to [poolesvillepresbyterian@verizon.net](mailto:poolesvillepresbyterian@verizon.net) . If you are interested in participating by helping us monitor and restock the pantry, please send us a note.*

(See back side for Little Pantry item suggestions)

## SUGGESTED ITEMS TO STOCK THE LITTLE FREE PANTRY (LFP)

General Note: Items should be shelf stable. In winter when freezing temperatures are predicted we will remove and restock freezable items for periods of time until temperatures return to non-freezing levels. Anyone may leave an item and take an item that they need. Since we have a local food resource pantry at WUMCO -Help, we encourage the donation of items not commonly found in Food Pantries that are needed as well. (although this will be stocked with some staples (canned proteins, soups, veggies, beans, etc)

Small packaging is essential to ensure variety. For example – individually wrapped rolls of toilet paper work – not large packs. Big box stores some times sell large packs of individually wrapped rolls (Scott ) – which would be ok to drop off at the church for restocking throughout the year. We currently have a large inventory of cans of chicken, tuna, and cans of green beans - so maybe something different for a while.

As we monitor the LFP we will learn what is needed based on what we are replacing, and can refine the list, and adjust what is stocked in the Pantry.

SUGGESTIONS – (Feel free to contribute something not on the list as well!)

Personal Hygiene Products – soap, tampons and pads, laundry detergent (small packs), diapers, toothpaste, toothbrushes, deodorant

### Food Items:

Shelf stable milk (Horizon, Almond Milk, Oat Milk) and creamers

Ready to eat Protein Meals – such as Madras Lentils, Curries, Beans etc

Soups – dry mixes probably better in winter

Cereal

Oatmeal

Kids & Baby Snacks – Bars, Fruit Snacks, Apple Sauce

Peanut Butter, Almond Butter, Jellies

Coffee –bags of ground or instant, regular and decaf

Baking Items – Baking Powder, Baking Soda, Box Mixes, Vanilla, Nuts, SPICES

Powdered Egg Substitutes

Pasta (any), Shells/Mac and Cheese

Pasta Sauce

Parmesan Cheese (grated)

Shelf Stable Bacon Pieces

Canned Fruits and Vegetables (we have a lot of green beans – and less fruit so aim for something different), Instant Mashed Potatoes