



Coastside Hope
Neighbors Helping Neighbors

Coastside Hope Food Pantry List

For all items, we prefer smaller packaged items that we can distribute to individuals or families. Large, bulk items, while appreciated, are more difficult to distribute equitably.

Food Items

- | | |
|--|--|
| <input type="checkbox"/> Cereal/oatmeal | <input type="checkbox"/> Macaroni & cheese |
| <input type="checkbox"/> Spaghetti sauce & pasta noodles | <input type="checkbox"/> Macaroni shells |
| <input type="checkbox"/> Cup of noodles/instant lunches | <input type="checkbox"/> Hearty canned soups (i.e. Progresso) |
| <input type="checkbox"/> Vegetables (canned & fresh) | <input type="checkbox"/> Peanut butter & jelly |
| <input type="checkbox"/> Fruit (canned & fresh) | <input type="checkbox"/> Kid snacks- i.e. fruit snacks, crackers |
| <input type="checkbox"/> Beans (dried, pinto preferred, 1-2 lb bags) | <input type="checkbox"/> Granola/protein bars |
| <input type="checkbox"/> Salad dressing (i.e. Ranch, Italian) | <input type="checkbox"/> Juices boxes & individually boxed milk |
| <input type="checkbox"/> Standard sized condiments (ketchup, mayonnaise, mustard, hot sauce, etc.) | <input type="checkbox"/> Yogurt (individual preferred) |
| <input type="checkbox"/> Canned meats (tuna, chicken) | <input type="checkbox"/> Herbs & spices |
| <input type="checkbox"/> Tortillas – flour and corn | <input type="checkbox"/> Jalapeños – small cans |
| <input type="checkbox"/> Maseca | <input type="checkbox"/> Cooking oil |
| <input type="checkbox"/> White rice (no brown rice) | <input type="checkbox"/> Canned tomato sauce |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Baking supplies (flour, sugar, baking soda, baking powder, etc) |
| <input type="checkbox"/> Coffee & tea | <input type="checkbox"/> Dog & cat food |

Non-Food Items

- | | |
|--|--|
| <input type="checkbox"/> Diapers- size 4,5,6 | <input type="checkbox"/> Feminine hygiene pads |
| <input type="checkbox"/> Baby wipes | <input type="checkbox"/> Toothbrushes |
| <input type="checkbox"/> Dish soap | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Laundry detergent – smaller sizes or pods preferred | <input type="checkbox"/> Dental floss |
| <input type="checkbox"/> Warm work socks | <input type="checkbox"/> Shampoo/conditioner |
| <input type="checkbox"/> Beanie hats | <input type="checkbox"/> Deodorant |
| | <input type="checkbox"/> Mouthwash |

Please drop off at 248 Main Street in Half Moon Bay during our office hours:

Monday	8:30 – 12:00	1:00 – 5:00
Tuesday	8:30 – 12:00	1:00 – 5:00
Wednesday	-----	1:00 – 6:00
Thursday	8:30 – 12:00	1:00 – 5:00
Friday	8:30 – 12:00	1:00 – 5:00