





Food Pantry Shopping List

The Squirrel Hill Food Pantry attempts to give a wide variety of healthy foods to its clients. Even so, there are a number of foods that form a staple backbone of our distributions. As such, we are always seeking donations of:

- Canned Fruits and Vegetables _____
- Cold Cereal _____
- Pasta _____
- Peanut Butter _____
- Tuna _____
- Bar Soap _____
- Clorox Wipes _____
- Diapers _____
- Laundry and Dish Detergent _____
- Shampoo _____

As the only kosher food pantry in South-western Pennsylvania, we ask that donated food have a kosher hechsher (symbol). We recommend looking for the following ones:



Supervising agencies will often let consumers know if a product has meat or dairy by using a modified hechsher. For the Orthodox Union, the hechshers look like: -M and -D. Kosher foods that are neither meat nor dairy are pareve (neutral), and may say so next to the hechsher.