



Help Yourself Pantry

*A Food Drive Project For
The Children's Inn at NIH*

The Children's Inn at NIH is a caring place to be, a place to relax with other families who are undergoing similar treatment. For the children who are treated at NIH, quality of life is very important. Often families arrive late at night after our grocery run and do not have food for dinner or breakfast. Others may not have sufficient funds to purchase food. Our "Help Yourself" Pantries provide food, and comfort, for Inn families 365 days a year.

Items Needed for The Inn's Help Yourself Pantries:

- Canned meat (Tuna, salmon and chicken), Tuna cracker kits
- Canned fruit, fruit cups, dried fruit, raisin/craisin boxes
- Breakfast items (Cereal in single serve boxes, pancake mix, etc.)
- Individual-sized snacks, especially healthy snacks (applesauce, granola bars, pretzels, pudding, Jell-O, etc.)
- International Food
- Shelf-stable food & reduced-fat milk, Horizon milks (regular, vanilla and chocolate)
- Juice boxes, bottled water
- Cooking essentials (Spices, olive oil, non-stick cooking spray, etc.)
- Nutella, Nutella kits
- Condiments: Mayonaise, mustard, ketchup, honey, syrup, agave, BBQ sauce
- Long grain white rice, regular brown rice

Please be sure to check the expiration date on food you donate, as this helps us in stocking the shelves with fresh, and safe to consume, food for the families. Also, we prefer small serving sizes and individually packaged items for the families here.

In addition to non-perishable items for our pantries, The Inn is also happy to accept fresh fruit (bananas, oranges, apples, etc.), platters (fruit and vegetable or assorted cheese trays) and baked goods. If you are unsure if an item would make a suitable donation, please call The Inn **prior** to dropping the food off.

Thank you for considering this program as your community service project!

For more information or to discuss a food drive, please contact Katelyn Hansen, Community Outreach & Volunteer Program Assistant, at hansenka2@mail.nih.gov or 301-594-5364.