

TVUUC Little Free Pantry

Tennessee Valley Unitarian Universalist Church
Knoxville, Tennessee – 865-523-4176

*providing free food and other items
to our neighbors in need – both those with homes and those without*



What should I Give?

Factory packaged healthy food in cans, cups, pouches, packets, bags, boxes

Do NOT re-package anything

Example: Don't empty a box of pasta into multiple, zippered plastic bags. Just donate the whole package as-is.

DO remove the exterior packaging from items sold in multiples

Example: 6 little boxes of raisins wrapped together in one plastic package; 8 small packets of oatmeal inside a box

No perishable items like fresh meats, fresh fruits, fresh vegetables, dairy products, bread

Nothing refrigerated

No medicines

No clothing

Pop top cans are a plus

Meat – can, pouch, dried

Vegetables

Fruit

Soup, stew, chili

Meals - packaged

Pasta

Rice

Grains

Dried beans

Instant potatoes

Ramen noodles

Crackers

Nut butters

Nuts, Seeds, Trail Mix

Dried fruit

Dry cereal, Oatmeal

Milk, Juice – shelf-stable

Nutrition bars

Baby formula

Baby food

Infant diapers

Wipes

Individual plastic utensil packet (knife, fork, spoon and napkin)

Packets of salt, pepper, sugar, condiments, etc.

Pet food – cans, small bags

PERSONAL CARE (small sizes)

Hand sanitizer

Soap

Toothbrush

Toothpaste

Floss

Deodorant

Shampoo

Feminine products

Wipes

Chapstick

Sunscreen

Band-Aids

MONETARY DONATIONS:

TVUUC.org >

giving >

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Outdoor Food Pantry