

The Little Free Pantry

The Little Free Pantry is a free-standing, outdoor structure, open 24/7, near the entrance to St. John's Lutheran Church just off Newfield Avenue.

Those who are struggling with food insecurity are welcome at any time to help themselves to what they need, day or night. There is no cost or registration to be a recipient.

Established in 2021, the Little Free Pantry seeks to assist those in food insecurity with an anonymous way of obtaining food basics and toiletry items. It is intended to be a supplement to food pantries, food banks, meal programs, and government assistance that are widely available throughout Stamford. The Little Free Pantry is managed by church volunteers who donate food for distribution. Those wishing to volunteer may contact the church office at 203-322-0066.

Those wishing to support the Little Free pantry may give cash gifts (checks made out to "St. John's Lutheran Church" and designed for "Little Free Pantry" or donate through the church [website](#).

Specific food items are needed to keep the Little Free Pantry stocked. Secondary toiletry items may also be donated. **Please donate *only* items listed below** and deliver to the church at 884 Newfield Avenue, Stamford, CT.

Food List – The Little Free Pantry		
Donate items that do not expire easily with undamaged packaging. Focus on low sugar, low sodium, and whole grain items.		
Beans (canned or dry)	Brown Rice	Unsweetened Apple Sauce
Peanut or Nut Butters	Quinoa	Spices/Salt/Pepper
Rolled Oats	Nuts or Seeds	Whole Grain Cold Cereal
Canned Fruit in Juice	Shelf Stable Powdered Milk	Coffee or Tea
Canned Soup, Stew, Broth	Whole Grain Pasta	Canola or Olive Oil
Canned Meat (tuna/chicken/ salmon)	Low Sodium Pasta Sauce	Canned Vegetables

Toiletry List – The Little Free Pantry		
Shampoo/Conditioner	Soap	Feminine Hygiene Products
Body Wash	Diapers	Dish Soap
Toilet Paper	Laundry Soap	Paper Towels
Dental Floss	Toothpaste and Brushes	