

# PERSON-TO-PERSON

Darien • Norwalk • Stamford

## Most Needed Items For Client Assistance

### CLOTHING CENTER & Other Programs

- ❖ New or gently worn shoes, especially children's sneakers
- ❖ New or gently worn in-season clothing
- ❖ Coats, hats, gloves, mittens (in cold weather seasons)
- ❖ Diapers
- ❖ New, unopened personal care items
- ❖ New toys
- ❖ New car seats



### How to DONATE

- **Clothing and other items** can be donated at our Darien location at 1864 Post Road.
- **Food donations** can be brought to our Darien pantry at 1864 Post Road or our Norwalk Pantry at 76 South Main Street.
- **Donation Hours:** Monday through Friday from 9:00-4:00. Our Darien location can also receive donations on Saturdays from 9:00-12:00 except during the summer.
- **Please call (203)655-0048 for more information or other ways to give.**



Donate Needed Items From Our Goods4Good Wishlist!

### shop HEALTHY, GIVE healthy.

Here is a list of the items that we stock in the P2P Food Pantries. Help us promote healthy eating habits by selecting and donating items labeled as low in sodium, no salt added, unsweetened, low sugar, no sugar added, and made from whole grains.

#### Grains

- Pasta (Whole Grain)
- Rice or Quinoa
- Oatmeal (Unflavored Packets)
- Cereal (Whole Grain)
- Mac and Cheese (Whole Grain)

#### Fruits & Vegetables

- Fruits Canned in 100% Fruit Juice
- Apple Sauce (Unsweetened)
- Dried Fruits (Raisins, Prunes, Apricots, etc.)
- Canned Vegetables

#### Protein

- Peanut Butter
- Canned Beans and Lentils
- Dried Beans and Lentils
- Canned Tuna, Salmon, Chicken In Water/Broth

#### Jelly, Sauces, and Stocks

- Jelly or 100% Fruit Spread
- Pasta Sauce
- Broth or Stock

#### Soups & Stews

- Soups (Canned or Boxed)
- Stews and Chili (Canned or Boxed)

#### Dairy

- 1% Low-Fat or Fat-Free Shelf-Stable Milk
- Non-Dairy Milk (Soy, Almond, Cashew, etc.)

#### Snack Foods

- Jell-O
- Healthy Snacks: Protein and Granola Bars, Unsalted Nuts and Seeds, Whole Grain Crackers

Person-to-Person is a community-supported, volunteer-driven agency that provides individuals & families in lower Fairfield County with assistance for basic needs to overcome daily challenges and access to resources to improve their lives.

[www.p2pHelps.org](http://www.p2pHelps.org)



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