



CITIZENS INN

Haven

FROM HUNGER

Suggested Items

- boxed stuffing
- spices/seasonings
- salt and pepper
- flour
- baking mixes
- cornbread mix cake
- mix
- jelly (plastic bottles)
- cereal
- can openers
- coffee
- cooking oil
- salad dressing
- pudding mix
- honey
- tuna (in pouches)
- chicken (in pouches)
- sugar
- tea
- foil
- bullion cubes
- dish-washing liquid
- mixed nuts
- evaporated milk
- chicken stock
- vegetable broth
- frosting
- brown sugar
- soy sauce
- birthday candles
- shelf stable oat milk
- shelf stable nut milk
- feminine hygiene products

Citizens Inn Haven from Hunger, includes a food pantry and community meals program. The food pantry provides free, nutrient dense food to low- and moderate-income families and individuals. Clients may visit the pantry once every seven days to receive groceries that help them stretch their budgets and allow them to take care of other critical needs such as personal health, housing, utilities, and student loans. Haven serves over 5,500 unique individuals from Peabody, Salem, and Lynnfield (nearly 1,000 households per week) and distributes over 2 million pounds of food each year. The community meals program offers guests a filling, nutritious supper four nights a week and is open to anyone, from all communities. Approximately 15,600 meals are served annually.

For more information: www.citizensinn.org