

# MOST NEEDED ITEMS

When choosing foods to donate, kindly consider the nutrient value of items so our neighbors can be nourished year-round.

## High Protein Items

- Peanut butter, Nut Butter
- Canned tuna, salmon, chicken or ham
- Beans - canned or dried
- Peanuts, protein bars, sunflower seeds, almonds

## Fruits and Vegetables

- Vegetables (canned & cups)
- Fruit (canned & cups)
- Applesauce
- Dried fruit (raisins, cranberries, prunes)

## Holiday Items

- Stuffing mix
- Cranberry sauce
- Gravy (canned)
- Instant mashed potatoes (boxed)
- Canned pie fillings

## Non-food Essentials

- Diapers & wipes
- Feminine care items
- Hygiene items
- Paper products
- New or gently used reusable bags
- Can openers

## Mixed Items

- Macaroni and cheese
- Canned soups
- Canned stews, chili
- Ravioli, spaghetti, etc.
- Rice, pasta, other grains, oil, flour

## Breakfast

- Oatmeal
- Breakfast cereals (large boxes)
- Pancake mix (complete)
- Coffee, tea, sugar, non-dairy creamer

## Dairy and Nutritional Drinks

- Shelf - stable milk
- Ensure, Pediasure, Pedialyte

## Do NOT donate

- Perishable foods
- Expired products
- Glass jars
- Open packages

