



Donation List

All food items donated must be non-perishable. Thank you!

Breakfast Items

- Cream of Wheat or Rolled Oats (Instant Boxes/Individual Packages)
- Breakfast/Cereal Bars/Granola Bars
- Whole Grain, Low Sugar Cold Cereal Boxes or Mini Cereal Boxes
- Pop Tarts

Vegetables and Fruit

- Fruit Cups
- Apple Sauce
- Canned Fruit in Juice (not in light or heavy syrup)
- Dried Fruit
- Canned Vegetables (with no or low sodium)
- Instant Mashed Potatoes

Protein

- Canned Fish (tuna or salmon)
- Canned Meats
- Canned Beans
- Protein Bars
- Canned Stews
- Nuts and Seeds
- Peanut Butter or Other Nut Butters
- Dry Beans

Lunch/Dinner Items

- Canned Soup (meat and vegetarian)
- Dried Soup/Cup-O-Noddles/Top Ramen
- Whole Grain Foods (brown rice quinoa, pasta)
- Dry Rice
- Microwaveable food (mac n cheese, rice, quinoa, etc.)
- Noddles
- Pasta Sauce
- Boxed Meals (mac n cheese, rice-a-roni, pasta roni)
- Lentils
- Other Non-Perishable Vegan/Vegetarian Items



Toiletries

- Feminine Hygiene Products
- Bar Soap
- Shampoo/Condition
- Body Soap
- Toothbrush
- Toothpaste
- Deodorant

Paper Products

- Toilet Paper
- Paper Towels
- Tissue
- Napkins

Miscellaneous

- Crackers
- Trail Mix
- Pudding Cups
- Boxed Rasins
- Honey
- Dry Instant Milk or Dry Milk Substitutes
- Jelly