

# Most Helpful Items to Donate

Canned Chicken & Tuna

Pasta Sauce

Canned Tomato Products: whole, crushed, diced, paste...

Hearty Soups, Chowder, & Chili

Beef & Chicken Broth: cartons or bouillon

Beans:

- Canned - all kinds, but *especially* baked beans
- Dried - lentils, split peas, small red...

Rice:

- 1-2 pound size bags of white, brown, jasmine
- Instant Rices - Minute Rice, Rice-a-Roni, Near East, Knorr...

Mac & Cheese, Ramen

Canned Fruits & Applesauce: low sugar if possible (no cranberry sauces or pumpkin please)

Canned Vegetables

Cereals and Oatmeal

Basic Crackers

Condiments: Only four requests here!

- Ketchup
- Yellow Mustard
- Salad Dressings
- Vegetable Oil

Baking Products:

- Flour
- Baking Mixes (especially complete "Bisquick" type mixes)

Peanut Butter, Jams, Jellies

Boxed Pasta (no lasagna noodles please)

Menstrual Health/Period Products: pads, tampons, absorbent products

Toilet Paper & Paper Towels

Toothpaste

Diapers (sizes 3-6) and Baby Wipes

**We stock our shelves can by can, so no donation is ever too small. Your generosity is appreciated!**

Items we cannot take: open containers of food, baby food, or formula, turkeys (too big for our storage capacity), wild game and alcoholic beverages.