

Items to Donate

Proteins:

canned tuna
canned chicken
canned beef stews
canned salmon
bean soups
canned or dried beans
baked beans
canned chili
peanut butter
canned nuts

Grains:

rice and rice mixes
canned pastas
noodle mixes
dry noodles and pastas
macaroni and cheese mix
cold cereals
bran cereal
shredded wheat
infant cereal
hot cereal mixes
oatmeal
bread, muffin, and pancake mixes
whole-grain crackers
granola bars
graham crackers
flour

Dairy:

infant formula
nonfat dry milk
evaporated milk
instant breakfast drinks
shelf-stable (UHT) milk
(small boxes)
canned and boxed pudding

Vegetables:

canned vegetables
vegetable soup
canned tomato products
spaghetti sauce
baby-food vegetables
V-8 juice

Fruits:

canned fruit
raisins
applesauce
dried fruits
baby-food fruit
fruit leather (100% fruit)
canned and boxed 100%
juice

Personal Care Products:

***travel size preferred**
shampoo
toothpaste
toothbrushes
shaving cream
razors
deodorant
feminine hygiene products