

Foods to be Donated

Because of their nutritional value & versatility, the following food items are most often requested by food shelves. Contact your local food shelf for special regional needs.

Protein Items

Tuna*
Peanut butter*
Canned meat & fish
Spaghetti dinners
Macaroni & cheese dinners
Chili
Beans (pinto & navy)
Pork & beans
Canned stew, hash

Fruits & Vegetables

Canned fruit *
Fruit juice*
Canned vegetables*
Canned soups
Baby food (canned)

* Always needed

Grains

Pasta products
Breakfast cereal
(oatmeal)
White rice
Pancake mix

Dairy

Dried milk

Thank you!