

Most needed Food items:

- Meal kits that don't require extra ingredients.
- Pancake and baking mix – muffin, cake and cookie varieties.
- Variety cereals – oatmeal, farina, & cold cereals.
- Canned soups and pasta meals.
- Canned meat.
- Variety of canned fruits and veggies.
- **Fresh produce!**
- Allergy friendly food options.
- Protein rich foods – variety beans, legumes, & all nut butters.
- Basic staple pantry items – flour, sugar, cornmeal, oils, seasonings & spices.
- Shelf stable milk – all varieties including soy, rice and nut milks.
- 100% juice in bottles and single serve boxes.
- **Refrigerated and frozen foods also welcome!**

Most needed Non-Food items:

- Household cleaning supplies and paper products.
- Personal care items such as toilet paper, tissues, and feminine hygiene products.
- Soap, shampoo, toothpaste.
- Laundry soap.

Items not accepted:

- Home processed foods – all food items should have full ingredients listed and manufacturing information on the packaging.
- Food items which have been opened, with the exception of packages containing individually wrapped units (ie. granola bars & microwave popcorn). Unused portions are acceptable as long as they remain sealed and in the original package.

General rule of thumb for best by dates on packaging – dry and canned goods can be distributed up to 3 years past the date printed. High acid foods, such as tomato products, should be discarded 18 months past the date printed.

Items which are dirty, rusted, or severely damaged should not be donated.

Food safety and client dignity are simultaneous goals!