Items most in need for food pantries are labeled with *

# WE'RE HAPPY TO RECIEVE:

- Canned vegetables and fruits
- Canned beans, soups, & stews
- Canned tuna, chicken, & salmon
- Peanut butter/other nut butters
- Shelf-stable milk
  *(dairy or plant-based)*
- Boxed pasta*
- Rice*
- Dried beans/lentils*
- Cereal
- Oatmeal
- Granola bars/protein bars
- Baby food/formula
- Flour*
- Sugar*

*You can donate more than just food!*
*Consider donating the following:*

- Toothpaste
- Toothbrushes
- Soap*
- Shampoo/Conditioner
- Feminine hygiene products
- Lotion
- Diapers*
- Baby wipes
- Toilet paper*
- Paper Towels

# WHAT WE'LL PASS ON:

- Expired food
  *(even if "only a little" expired)*
- Fresh produce, meat, or dairy
  *(unless food bank specifically requests)*
- Opened packages
- Partially used items
- Homemade goods or baked items
- Items requiring refrigeration or freezing
- Alcohol/products containing alcohol
- Medications or vitamins
- Anything with missing labels
- Items that are glass




COMPETING in Goodness

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