



Most Needed Food and Personal Care Items

Non-perishable, non-expired* food items:

- Tuna or canned chicken
- Canned food with pop-top lids (soup, stew, chili)
- Canned fruits in their own juice or water
- Low-sodium canned vegetables
- Peanut butter
- Macaroni and cheese and other boxed dinners
- Brown rice and long-grain white rice (not instant)
- 100% fruit juice
- Olive or canola oil
- Spices
- Low-sugar, whole grain cereals
- Healthy snacks (granola bars, nuts, dried fruit)
- Coffee

We cannot accept individual jars of baby food. We can accept jars of baby food that are encased in plastic, in various case sizes. We can also accept boxes of baby cereal.

***Expiration guidelines:** We can accept dry goods that are up to 1 year past the printed expiration date and canned goods that are up to 2 years past the printed expiration date.

Personal care items:

- Toilet paper
- Diapers
- Soap
- Feminine hygiene products
- Toothbrushes and toothpaste
- Shampoo and conditioner