

Food Bank Shopping List

Top 5 Needed Items



1. Rice
2. Hearty Soups
3. Canned Meats
4. Size 4/5/6 Diapers
5. Tampons/Pads

Other Donation Ideas

- Peanut Butter
- Pasta and Sauce
- Canned Vegetables
- Cereals/Granola Bars
- Canned Beans
- Jam/Honey
- Crackers
- Canned or Fresh Fruit
- Fresh Vegetables
- Milk
- Cheese
- Yogurt
- Butter
- Fresh or Frozen Meat

Tips for Giving Food

- Our buying power makes your money go further!
- Look for items that are on sale and buy extra
- Buy the same types of items you buy for yourself
- Get your kids involved in picking items to donate