



# Food Items to Donate

# LEAGUE OF VOLUNTEERS

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<b>Protein Foods: Meat, Poultry, Fish, Dry Beans, and Nuts</b>		<b>Grains: Bread, Cereal, Rice, and Pasta</b>	
canned tuna canned chicken canned beef stews canned salmon bean soups ( <i>low sodium</i> ) assorted canned or dried beans baked beans canned chili lunchables peanut butter canned unsalted nuts		Brown rice & rice mixes grits quinoa corn meal canned pastas macaroni & cheese mix dry noodles & pastas ( <i>whole grain</i> ) noodle mixes ( <i>Ramen, Cup O' Noodles, etc.</i> ) oatmeal infant cereal shredded wheat assorted cereals ( <i>hot &amp; cold</i> ) muffin & pancake mixes ( <i>i.e., Bisquick, Jiff, etc.</i> ) stuffing mix ( <i>i.e. Stove Top it works the best</i> ) whole-grain or graham crackers granola bars flour bread	
<b>Dairy: Milk, Yogurt &amp; Cheese</b>	<b>Vegetables</b>	<b>Fruits</b>	<b>Oils and Condiments</b>
infant formula nonfat dry milk evaporated milk instant breakfast drinks shelf-stable (UHT) milk ( <i>small boxes</i> ) canned & boxed pudding mix	assorted canned vegetables canned yams/sweet potatoes vegetable soup ( <i>low sodium</i> ) baby-food vegetables instant potatoes V-8 juice	assorted canned fruit cranberries olives canned tomato products spaghetti sauce baby-food fruit dried fruits, raisins fruit leather ( <i>100% fruit</i> ) fruit cups ( <i>no sugar added</i> ) 100% juice ( <i>canned and/or boxed</i> )	vegetable oil canola oil olive oil (EV) salad dressing syrup jam & jellies honey sugar mustard ketchup mayonnaise

## Non-Food Items to Donate

<b>Infant needs</b>	<b>Household Items</b>	<b>Personal Care Products</b>	<b>Extras</b>
diapers wipes soaps	toilet paper paper towels table napkins tissues aluminum foil plastic wrap sandwich bags freezer bags cleaning cloths, sponges laundry and dish detergent disinfectant aerosols cleaning products	shampoo conditioner bath & hand soap ( <i>bar or liquid</i> ) mouthwash toothpaste & toothbrushes brushes & combs shaving cream assorted razors & kits deodorant Skin (sun) protection creams feminine hygiene products	tea coffee ass't. spices vinegar chocolate popcorn

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