

Food Bank Suggestion List

Take this list with you when you go grocery shopping and check off a couple things each time—every little bit helps to keep the Food bank shelves stocked.

- Eggs
- Milk
- Cheese
- Deli meat slices (for sandwiches)
- Butter / margarine
- Peanut butter
- Jams, honey
- Coffee
- Meat + fish, canned
- Soup, canned
- Instant noodle soups, cup of soup
- Cereal
- Salad dressings
- Tea, cocoa, hot chocolate
- Pull up diapers sizes 3, 5, 6
- Baby Food + baby products
- Feminine hygiene products
- Instant oatmeal: regular + brown sugar
- Juices – tetra packs of all sizes
- Canned fruits + veggies
- Crackers + cookies
- Instant mashed potatoes
- Popcorn, small chocolate bars, small raisin packs
- Cooking oil (small containers)
- Rice
- Flour, sugar
- Applesauce – unsweetened, 4-packs
- Pasta + pasta sauces
- Spaghetti sauce
- Side Kick Noodle Dishes
- Paper napkins, paper towels, toilet paper
- Foil, Ziploc bags
- Small toiletries – toothbrushes + toothpaste
- Laundry detergent



Thank you!