



MOST NEEDED FOOD DRIVE ITEMS



FOOD DRIVE LIST (NON-PERISHABLES) *No Glass Containers*

- ☐ Canned protein packed in water
e.g. tuna, chicken, salmon
- ☐ Soup *e.g. canned or microwavable cups (no ramen)*
- ☐ Canned vegetables and beans
- ☐ Canned fruit *(no heavy syrup)*
- ☐ Dried fruit
- ☐ Dried beans
- ☐ Peanut butter
- ☐ Grains *e.g. oats, rice, barley, quinoa*
- ☐ Shelf stable milk
- ☐ Seasoning/spices *e.g. adobo, cumin, curry, garlic, dried herbs, salt & pepper*
- ☐ Condiments *e.g. ketchup, mustard, mayonnaise, salad dressing*
- ☐ Cooking oil

NON-FOOD LIST

- ☐ Aluminum foil
- ☐ Cleaning products *e.g. sponges, sprays*
- ☐ Deodorant
- ☐ First aid items
- ☐ Garbage bags
- ☐ Menstrual hygiene products
- ☐ Paper towels
- ☐ Shampoo and conditioner
- ☐ Soap
- ☐ Toothbrushes
- ☐ Toothpaste

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