

CONTAINERIZED FOODS

Plastic or metal containers are always preferable to glass.

Pop-top lids or individual-servings are great if available.

Unsalted / Unsweetened varieties are best.

- soups, stews, chilis
- ready-to-eat meals: corned beef hash, spaghettios, tuna salad, etc.
- beans: any variety
- peanut or almond butter
- vegetables: any variety, also tomato/pasta sauce
- fruits: any variety, also applesauce or fruit cups
- meats: chicken, tuna, salmon, ham, corned beef
- instant grains: rice, oatmeal, corn grits, Cream of Wheat
- plain cereals: Cheerios, corn flakes, Raisin Bran, crispy rice, Chex
- pasta, tortillas, ramen noodles
- powdered or evaporated milk, soy milk
- spices: pepper, cinnamon, parmesan, hot sauce, soy sauce, etc.

CONVENIENCE/SNACK FOODS

- raisins, other dried fruits, trail mix
- nuts
- beef jerky, pepperoni, summer sausage
- 100% fruit juices
- microwave popcorn
- granola bars
- saltines, pretzels, graham crackers, cheese & cracker combos
- chocolate or candy bars

TOILETRIES

- toothbrushes, toothpaste, soap, deodorant, skin lotion, shampoo, conditioner, toilet paper
- feminine products: unscented pads & panty liners (tampons are usually donated in bulk by manufacturers)

BABY ITEMS

- baby foods, cereals, formula & baby bottles
- baby shampoo, soap
- diapers in sizes above newborn, plus baby wipes

PERISHABLES

Since many food banks don't have refrigeration units, they usually don't like to get perishables, but there are a few items that always jump off the shelves.

- fresh sliced bread
- bags of fresh apples or potatoes