






# FOOD DRIVE

## Preferred Food Items

<p><b>FRUITS</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Peaches</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Pineapple</li> <li><input type="checkbox"/> Mandarin Oranges</li> <li><input type="checkbox"/> Fruit Cocktail</li> <li><input type="checkbox"/> Applesauce (in plastic jars)</li> <li><input type="checkbox"/> Cranberry Sauce</li> <li><input type="checkbox"/> Dried Fruit</li> <li><input type="checkbox"/> 100% Fruit Juice</li> </ul> <p style="text-align: center;"><b>Canned in 100% fruit juice, unsweetened preferred</b></p>
<p><b>VEGETABLES</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tomatoes</li> <li><input type="checkbox"/> Spaghetti Sauce</li> <li><input type="checkbox"/> Peas</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Corn</li> <li><input type="checkbox"/> Boxed Potatoes (scalloped, etc.)</li> <li><input type="checkbox"/> Green Beans</li> <li><input type="checkbox"/> Mushrooms</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Sauerkraut and Beets</li> </ul> <p style="text-align: center;"><b>Canned no salt or low sodium preferred</b></p>
<p><b>GRAINS</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole Grain Pasta</li> <li><input type="checkbox"/> Brown Rice</li> <li><input type="checkbox"/> Hamburger Helper Mixes</li> <li><input type="checkbox"/> Rice Mixes</li> <li><input type="checkbox"/> Low-Sugar Cereal</li> <li><input type="checkbox"/> Oatmeal</li> <li><input type="checkbox"/> Graham Crackers</li> <li><input type="checkbox"/> Whole Grain Crackers</li> <li><input type="checkbox"/> Granola</li> </ul> <p style="text-align: center;"><b>Whole grain preferred</b></p>
<p><b>PROTEIN</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Canned Chicken</li> <li><input type="checkbox"/> Canned Tuna</li> <li><input type="checkbox"/> Canned Salmon</li> <li><input type="checkbox"/> Canned Ham</li> <li><input type="checkbox"/> Canned Pasta</li> <li><input type="checkbox"/> Dried Beans</li> <li><input type="checkbox"/> Canned Beans (lentils, etc.)</li> <li><input type="checkbox"/> Chunky Soups</li> <li><input type="checkbox"/> Progresso-Type Soups</li> <li><input type="checkbox"/> Unsalted Nuts and Seeds</li> </ul> <p style="text-align: center;"><b>Canned no salt or low sodium preferred</b></p>
<p><b>DAIRY/OTHER</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Canned or Boxed Skim Milk</li> <li><input type="checkbox"/> Canned or Boxed 1% Milk</li> <li><input type="checkbox"/> Boxed Almond Milk</li> <li><input type="checkbox"/> Boxed Soy Milk</li> <li><input type="checkbox"/> Canola, Olive, or Sunflower Oil</li> <li><input type="checkbox"/> Ketchup and Mustard</li> <li><input type="checkbox"/> BBQ Sauce, Pizza Sauce, &amp; Salsa</li> <li><input type="checkbox"/> Spices</li> </ul> <p style="text-align: center;"><b>Shelf stable cans or boxes</b></p>

Please do not donate outdated items. Thank you!



**Falls Area**  
FOOD PANTRY

This institution is an equal opportunity provider.

*Thank you for your support!*