



# WANT TO DONATE?

*Here is a list of food items that are always in demand:*

- Canned meats (e.g., chicken, beef, sardines, ham, anchovies, Vienna sausage, salmon)
- Stocks, bases, broths, and sauces (e.g., soy sauce, curry sauce, canned coconut milk, vegetable broth, chicken broth, beef broth)
- Food appropriate for diverse diets, including halal, kosher, gluten-free, vegan, vegetarian, etc.
- Canned tomatoes
- Cooking oils
- Canned vegetables (e.g., mixed veggies, carrots, peas, mushrooms, beets)
- Dried and canned fruit (e.g., pears, pineapple, mandarin oranges, peaches)
- Canned soup (assorted) -- both vegetarian and non-vegetarian
- Granola, trail mix, assorted nuts, other healthy snacks
- Boxed milk, evaporated milk, and unsweetened alternative milks (e.g., soy, almond, cashew, oat milk)
- Fruit jams/preserves and spreads (e.g., honey, grape jelly, Nutella, etc.)
- Chili -- both vegetarian and chili con carne
- Boxed mac + cheese, instant noodles
- Feminine hygiene products
- Household items/hygiene items (e.g. bar soap, toilet paper, paper towels)

