

Giving Food Gives Hope

Food Drive Donation Suggestions

Breakfast: Cereals, especially whole grain such as Cheerios, Total, Raisin Bran are preferred; baking mixes, such as pancake, muffin and biscuit; concentrated fruit juices, both canned and boxed.

Lunch: Canned meats, dried and canned fruits, macaroni & cheese, boxed dinners like tuna, chicken and hamburger helper, pasta, peanut butter, canned vegetables, dried beans, instant potatoes, rice, soups, spaghetti sauces and stew.

Staples: Crackers, coffee, condiments, flour, sugar, syrup, jam, honey, tea, cooking oils.

Special Diet Foods: Low-salt items: soup, vegetables, tomato and spaghetti sauces. Low-sugar items: cereals, fruit.

Culture Specific Foods: *Somali:* dried beans, white or Basmati rice. *Russian:* Canned fish, grains or pickled vegetables. *Latino:* Maseca, black and pinto beans, white rice. *Asian:* Jasmine rice, Yellow Kokuho rice, noodles, chili sauce sardines and bamboo shoots.



Personal Care Donation Suggestions



Personal care: Diapers, especially medium and large sizes, baby wipes, feminine hygiene products, toilet paper and tissues.

Grooming items: Toothpaste, toothbrushes, hairbrush, dental floss, deodorant, disposable razors, shaving cream, shampoos, laundry detergent and dish soap.

Baby Formula and Baby Food is needed by all foodshelves.

www.emergencyfoodshelf.org
(763)450-3860



MINNESOTA'S FREE FOOD BANK