



DAYS OF SERVICE

Non-Perishable Food Drive
August 24 – September 11, 2020

Top 20 Most Needed Food Items

Pantry Staples

1. Cooking oils: Canola oil or Olive oil
2. Spices/Seasonings: Salt and Pepper, cumin, oregano, etc.
3. Flour
4. Sugar

Protein

5. Canned chicken
6. Canned tuna
7. Dry beans – black beans, pinto, kidney, etc.
8. Peanut Butter

Fruits and Veggies

9. Canned tomatoes
10. Dried fruit in pouches – snacks for kids
11. Applesauce pouches
12. Fruit cups (packed in water or fruit juice, not syrup)

Grains

13. White or Brown rice
14. Noodles/pasta
15. Oats/Oatmeal
16. Grits
17. Granola or cereal bars for kids
18. Meals in a Box (Mac and Cheese, Hamburger Helper, etc)

Infants

19. Formula
20. Baby food