



Good Food List

Not sure what to donate? Use our Good Food list as your guide:

Canned Fish (Tuna, Salmon, Sardines)

Canned Legumes (Chickpeas, Kidney Beans, Black Beans, Lentils)

Canned Tomatoes & Pasta Sauce

Peanut Butter

Pasta

Healthy Cereal

Oats, Flour, Barley, Rice

Dried Beans/Lentils

Fresh Fruits and Vegetables

Milk, Eggs, Butter

Gluten-Free Items

Tooth Paste, Tooth Brushes, Soap and Shampoo

Period Products