



## STANDARD FOOD STUFFS

### ALWAYS REQUIRED BY FOOD BANKS

Always remember summer is our slowest time for events and donations, but hunger doesn't take a summer vacation. We need your help to keep up with demand during the long, hot summer.

The following is a general list of items that are most currently needed and distributed by many of our areas food providers. If you or your group is organizing a food drive the list may assist with ideas for items to bring in for participants who are helping collect/donate the food.

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### **THE BIG THREE**

**ALL BEANS, ALL PASTAS, ALL PASTA SAUCES!!!!**

#### **Staples:**

Peanut butter, jam, cheese spread, powdered milk, sugar, flour, tea, coffee, ketchup

#### **Lunches school/home:**

Cereals, macaroni & cheese, tuna, canned fish, canned meats, canned vegetables, canned pastas, canned fruits, fruit cups, tetra pack juices

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**Supper Fillers - items that stretch:**

Canned soups, packaged soups, crackers, canned stews, canned hams, pasta mixes

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**Health and vitamin items:**

Bottled Juices, frozen juices, can juices, hot chocolate, baby food, and formula. Diapers. Feminine products, bath tissue, deodorant, toothpaste, soap. Laundry soap, dish soap

Of course any food stuffs are appreciated. All can be used

Any of these items the food banks have are added to the "Pantry Box Standards List" To make a distribution package.