

## FOOD SHELF WISH LIST

We encourage food donors to give the most nutritious items whenever possible to ensure we are contributing to the good health of our communities.

Please use this list as a guide for your organization's Food & Fund Drive.

**Want to give financially?  
Every \$1 turns into \$7 with our buying power!**

- **Fresh, frozen, or canned fruit**  
apples, oranges, mixed fruit, pears
- **Fresh, frozen, or canned vegetables**  
green beans, corn, mixed vegetables
- **Bags of potatoes, carrots, or onions**
- **Whole grain pasta, rice**
- **Baking and cooking items**  
vegetable oil, flour, sugar, spices
- **Canned meats**  
tuna, chicken, salmon
- **Hearty soups**  
chunky soups, stews,  
cream of mushroom soup
- **Peanut Butter**
- **Personal hygiene and household cleaning products**



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