

## Suggested Food Donations: October 2023

Cans of fruit (in fruit juices)  
Bottles of fruit juice  
Cans of soup (hearty) or stew  
Boxes/packets of pasta or rice dinners  
Cans of tuna, salmon, chicken  
Dried beans – any type  
Canned black beans, pork and beans, baked beans  
Canned pasta meals such as Chef Boyardee  
Boxed cereal  
Boxed milk (shelf safe)  
Pancake mix and syrup  
Oatmeal

### Other items:

Toothpaste (fluoride)  
Toothbrushes - individually wrapped (adult and children)  
Bar soap - individually wrapped  
Shampoo  
Diapers (sizes 4, 5, 6)  
Baby wipes