



# FOOD FOR NEIGHBORS®

## GROCERY LIST

You don't need a red bag to start helping. Here is the list of the foods we collect.

*All items should come INDIVIDUALLY packaged.*

- Individual Cup of Soup containers (water is only added ingredient)
- Individual Bowls of Mac & Cheese (water is only added ingredient)
  - Packets of trail mix
  - Packs of cheese or peanut butter crackers
    - Fruit cups
    - Granola bars and Clif bars
    - Breakfast bars and fruit bars
  - Individual cups or packets of instant oatmeal
    - 100% juice boxes or Capri Sun pouches
- Shelf stable milk cartons (regular, vanilla, or chocolate)
  - Gallon-sized Ziploc bags

### **OTHER ITEMS WE COLLECT:**

- Individual Chef-Boyardee meals (not cans)
  - Rice and Beans Ready Meals
- Instant milk packets (each makes one quart)
  - Cans of Goya Black Beans
    - Bags of Rice

**\*Grocery store gift cards are also accepted.**

Please contact Food For Neighbors at [contact@foodforneighbors.org](mailto:contact@foodforneighbors.org) to find the nearest drop-off location for your donation.