



FOOD FOR NEIGHBORS®

GROCERY LIST

Here is the list of the most needed items we collect:
All items should come INDIVIDUALLY packaged; no glass containers.

- Individual Cup of Noodle (water is only added ingredient)
- Individual Mac & Cheese (water is only added ingredient)
 - Packets of trail mix
- Packs of cheese or peanut butter crackers
 - Fruit cups
 - Granola bars or Clif bars
 - Breakfast bars or 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:

- Bags of Rice or Beans (1-2 lb bags)
 - Dry Pasta
 - Dry Cereal (full size box)
 - Beef Jerky
- Cans of black beans, corn, tomato sauce or fruit
 - Chicken or tuna pouches
- Instant milk packets (each makes one quart)

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

Please contact Food For Neighbors at contact@foodforneighbors.org to find the nearest drop-off location for your donation.