

Suggested Items For Grace Chapel Food Bank- Please print and use as a grocery list

A list of items that the Food Bank needs on a regular basis

Guidelines: Please donate food that you would like to receive. Also, **please consider donating healthy alternatives, such as whole grain, unsweetened cereal, no sugar added or no salt added canned goods, lower salt soups etc.**

PLEASE DO NOT DONATE:

Food past its expiration date. When in doubt, throw it out.

"Weird" items from gift baskets

Jumbo sizes of items from Costco or BJ's. We have no way of breaking bulk items down

What to donate: All non- perishable food such as:

Cereal (Cheerios, cornflakes, grape nuts, raisin bran. etc)

Oatmeal, Grits

Canned vegetables, beans or low sugar syrup light fruit

Canned meat: tuna, chicken, salmon, chili, hash, beef stew

Canned low sodium soups

Flour

Sugar: white, brown

Pancake Mix

Oil: canola, olive oil

Coffee: regular, decaffeinated or instant

Tea

Juice: bottled or juice boxes

Mac and Cheese

Rice: white, brown

Quinoa

Couscous

Potato mixes

Peanut Butter

Jelly

Honey

Maple syrup

Condiments: mayo, ketchup, mustard, light soy sauce

Light Salad Dressings

Snacks: individually packed snacks, crackers, trail mix, dried fruit, granola, cereal bars, pretzels

Personal Care Items:

Soap

Feminine Hygiene (tampons, mini pads etc,...)

Toothpaste, toothbrushes

Shampoo, conditioner

Shaving needs: Cream/gel, razors

Hand Lotion

Toilet Paper

Facial Tissues

Deodorant

Cleaning Products

Paper Towels

Dish detergent

Laundry detergent

All purpose Cleaner (Mr. Clean, Spic n Span, 409, etc)