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)