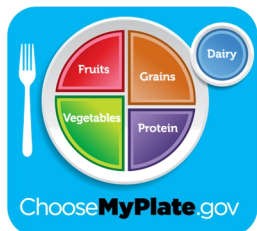




Most Needed Items



We provide groceries based on *USDA Guidelines for a Healthy Diet* to all of our pantries and programs. Please help us provide the healthiest food possible to those in need by donating these *Most Needed Items*:



Canned Fruit
in 100% Juice



Breakfast Items
(oatmeal, cereal, grits)



Canned Carrots
and Mixed Vegetables



Canned Meat



Canned Green Vegetables
(peas, spinach, turnip greens)



Canned Yellow
Vegetables

- ◆ USDA Guidelines allow us to use most non-perishable food items well past their marked expiration dates, as long as the can or packaging is intact. Please contact us if you have questions about expiration dates.
- ◆ To ensure food safety, we cannot accept rusty, bulging or unlabeled cans, perishable items (other than fresh produce), homemade items, noncommercial canned or packaged goods, alcoholic beverages, or items that have been used or opened.
- ◆ We no longer take donations of flour, sugar, cornmeal, etc. or any bulk bags of rice, flour, etc.