

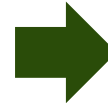
DONATING FOOD - How it works



Collected items are delivered
to the Food Bank...



where it is received, stocked, and
distributed to our local Food Pantries...



then given to
residents in need.

Suggested shelf stable food items needed

Protein Sources

- Canned tuna, salmon, or chicken
- Canned beans (black beans, pinto beans, kidney beans, chickpeas)
- Dry beans and lentils
- Peanut butter and other nut butters
- Shelf-stable milk (boxed milk)
- Nuts and seeds
- Protein meal replacement drinks

Soups & Prepared Meals

- Canned soups
- Chili
- Beef stew
- Ravioli and other canned pasta meals
- Shelf-stable meal kits

Toiletries

- Feminine products
- Shampoo/conditioner
- Soap
- Toothpaste/brush
- Deodorant
- Razors
- Wipes
- Diapers

Grains & Starches

- Rice (white or brown)
- Pasta
- Macaroni and cheese
- Oatmeal
- Breakfast cereals (low-sugar preferred)
- Crackers
- Instant potatoes

Baby and Child

- Infant formula
- Baby food

Pantry Staples

- Cooking oil
- Flour
- Sugar
- Salt and seasonings
- Coffee and tea
- Shelf-stable juice

Canned Fruits & Vegetables

- Canned vegetables (green beans, corn, peas, carrots)
- Canned tomatoes and tomato sauce
- Canned fruit packed in juice
- Applesauce cups or jars

Holiday Meal Needs

- Boxed stuffing
- Instant potatoes
- Canned or powdered gravy
- Chicken, vegetable or turkey stock
- Canned fruits and vegetables
- Canned pumpkin
- Baking ingredients



Would you, your group or organization like to hold your own food drive? Let us help support you by providing bins, help with pick-up and delivery, signage, promotional materials and spreading the word.

Contact Kristy, ATCAA Communications
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