

OUR HELPERS – dry grocery needs

Box size: 12x12x12

Thank you for your donations. Our Helpers services 200 families weekly. Keep in mind that the boxes are small, hence small portion sized items are best. Dry grocery items only – no fresh or frozen produce as they do not have refrigeration. Stared items (*) are needed weekly.

*Canned goods: soups, meats (chicken), fish (tuna or salmon),

* Rice & Pasta: 1 lb bags max – no bulk 5# bags as they cannot break it down.

*Ramen noodles pack of 5 (chicken or beef).

*Beans: canned 15 oz or dry 1 lb bag.

*Tomato paste – small cans.

*Flour: small 1lb bags if you can find them otherwise 5 lbs bags or smaller ok.

*Sugar: 1 lb bags if you can find them otherwise 5lbs bags or smaller ok.

*Vegetable oil: 32 oz or smaller.

Kids snacks: small bars or packs. Preferably healthy but Frito Lays ok.

Chicken broth.

Cereal: small packs only such as sealed cups.

Peanut butter: small jar.

Jellies: small jar.

Salad dressing: small dispenser of Ranch dressing.

Trash bags: kitchen size.

Toiletry: toothpaste, toothbrushes, hand soap, toilet paper rolls.