# What Can I Donate or do to Help?

Accept non-perishable food items ONLY

Meijer or Walmart gift card

## Protein
- Cans of Tuna
- Cans of Chicken
- Canned Stew
- Canned Chili
- Hash
- Pork and Beans
- Soups
- Spaghetti Sauce
- Kidney Beans
- Peanut Butter

## Starches
- Rice
- Pasta
- Macaroni
- Cheese Crackers
- Cans of Ravioli/Spaghetti O’s
- Hamburger Helper
- Boxed Meals

## Canned Vegetables
- Beans
- Carrots
- Peas
- Tomatoes
- Corn
- Instant Potatoes

## Breakfast
- Boxes of Cereal
- Instant Oatmeal (individual packets)
- Cereal Bars
- Pancake Mix
- Syrup
- Pop Tarts
- Muffin Mix

## On the Go/Snacks
- Tortilla Chips
- Cheese and cracker packages
- Peanut butter and cracker packages
- Pudding cups
- Salsa
- Pringles
- Cookies
- Granola Bars
- Microwave Popcorn
- Easy Mac
- Microwaveable Non-Frozen Meals

## Fruits
- Canned Fruits
- Fruit Cups
- Dried Fruits
- Jelly
- Raisins
- Juice Boxes

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### Questions?

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