



## SUGGESTED DONATION ITEMS

### HIGH POWERED ITEMS (5 POINTS):

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#### Grains:

- Brown Rice
- Quinoa
- Couscous
- Whole grain pasta
- Rolled oats

#### Produce:

- Canned fruit in 100% juice
- Canned low-sodium vegetables
- Dried fruit

#### Proteins:

- Canned tuna
- Canned salmon
- Canned chicken
- Nuts
- Dried beans
- Dried lentils
- Canned low-sodium beans
- Nut butters

### OTHER DONATIONS (1 POINT)

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#### Baby items:

- Baby food
- Diapers
- Formula

#### Cleaning supplies:

- All-purpose cleaner
- Dish soap
- Laundry detergent
- Window cleaner
- Paper towels

#### Non-perishable food items Spices and condiments (full-size)

#### Toiletry items (especially full-size):

- Incontinence supplies
- Feminine hygiene products
- Lotion
- Razors
- Shampoo and conditioner
- Shaving cream
- Body soap
- Hand soap
- Toilet paper

#### Miscellaneous:

- Cookbooks
- Children's books
- Magazines

### ITEMS WE CANNOT ACCEPT

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- Expired items
- Items without printed expiration date
- Homemade or home-canned food
- Medications (prescription or over the counter)
- Open items
- Products not in their original packaging
- Deli trays or prepared food items