

Date(s):

Hosted By:

Collection Site(s): _____



Remember

Donate non-perishable, low-fat, low-sodium, and low-sugar products with intact nutritional labels in non-breakable containers, ensuring they are good for up to 6 months past the Best/Sell/Use By Date.



of Southeastern Virginia and the Eastern Shore

Suggested Items

Lean Canned Protein Tuna, Sardines, Chicken, Turkey, Peanut butter, Beans

Fruits & Vegetables Canned fruits, Canned vegetables, Pasta sauce, 100% fruit juice

Whole Grains Cereal/oatmeal, Pasta Rice, Crackers, Granola bars, Pancake mix

Meals Soups/stews/chili, Boxed meals, Canned pasta

Condiments Ketchup/mustard, Salad dressing, Syrup, Jelly

> **Kitchen Essentials** Flour, Cooking oil, Herbs / spices

Personal Hygiene Products Adult diapers, Shampoo/conditioner, Body wash/soap, Toilet paper, Toothbrush/toothpaste, Deodorant, Feminine hygiene items

> **Baby Products** Formula, Baby food, Diapers, Wipes