



**Thank you for supporting The Mustard Seed Food Bank!**

### **Recommended Foods to Donate**

#### **NON-PERISHABLE FOOD**

High protein items (beans, lentils, canned fish/meat)

Canned Fruit & Vegetables

Large bags of rice/pasta

Dry Pasta and Rice

Boost/Ensure

Cooking Oil/Herbs & Spices

School Snack Items (bars, juice boxes)

Easy open/"no cook" items

Dietary Specific (Diabetic, gluten-free, vegetarian)

### **Other Items to Donate**

#### **BABY ITEMS**

Formula (liquid or powder)

Baby Food (jars or pouches)

Diapers & Pull-Ups

#### **PERSONAL NEEDS**

Soap (laundry/dish/hand)

Toothpaste, brushes & floss

Deoderant

Feminine hygiene supplies

New (in package) underwear & socks