

For those of you considering donating but don't know where to start - here is a list of non-perishable food items that are commonly needed by food shelves:

- Canned vegetables and fruits
- Canned beans (black, kidney, garbanzo)
- Canned meats (chicken, tuna, salmon)
- Canned soups and stews
- Peanut butter and other nut butters
- Rice (white, brown, or instant)
- Pasta and pasta sauce
- Boxed meals (mac and cheese, rice mixes)
- Instant potatoes
- Breakfast cereals and oatmeal
- Granola bars and protein bars
- Crackers and rice cakes
- Canned chili
- Dried fruits (raisins, apricots)
- Shelf-stable juice boxes
- Cooking oils (vegetable, olive)
- Flour, sugar, and baking mixes
- Squeezable fruit packets

Thank you for your contributions!

The Duluth SDA Church