



FILL A BAG

FOR OUR LOCAL FOOD SHELF

Respond to food insecurity in our community by filling a grocery bag with much needed food and household items for our local food shelf.

Often needed items:

- Canned meats, fish, peanut butter, nut butters
- *Ensure* protein drinks
- Dried spices of all kinds (no fresh)
- Gluten-free items
- Toothbrushes, toothpaste, deodorant, and shampoo
- Toilet paper
- Cans of healthy (natural juice, fruits, vegetables (low/no sodium) and canned meals (chili, stews, ravioli)