

# Stick it to Hunger!



## Shopping List

### Non-Perishable Food Items Needed

- Canned vegetables & fruits
- Canned and boxed meals (i.e., soup, chili, stew, macaroni & cheese)
- Canned or dried beans and peas (i.e., black, pinto, lentils)
- Pasta, rice, low sugar cereals
- Peanut butter

- Baby formula & baby foods (check expiration dates)
- Holiday foods during the holiday season (cranberry sauce, dry stuffing mix, cake mixes & frostings, etc.)
- Instant mixes like potatoes, gravies and sauces that add a little something special to a holiday meal.
- Canned meats (i.e., tuna, chicken, salmon) that do not require refrigeration before opening.
- 100% fruit juice (canned, plastic or boxed)

To ensure food safety, we cannot accept:

Open or used items • Homemade items • Items with no labels • Perishable items • Glass containers • Expired items • Rusty cans • Non-commercial canned or packaged items (packaged in something other than it's original container) • Alcoholic beverages • Soda

### Household Items Needed:

- Shampoo
- Deodorant
- Soap
- Toilet paper
- Toothpaste
- Feminine hygiene products
- Laundry detergent
- Cleaning supplies
- Paper towels

### Baby Items Needed:

- Baby Shampoo
- Baby Wipes
- Baby Lotion
- Diapers

For further information about the York County Food Bank, to make a monetary donation or to volunteer to help, visit [www.yorkfoodbank.org](http://www.yorkfoodbank.org) or call 717-846-6435.