

ITEMS FOR FOOD BANKS

Looking for ideas for helping your local Food Bank? Be sure to check with your local food bank for food items they need. There can be regional/cultural differences. For example, areas with high Asian/Pacific Islander populations have a greater need for rice.

Following is a list of basic items that most food banks would love to have.

- Toilet paper
- Kleenex
- Paper towels
- Garbage bags - Buy a big box, roll 5 up, and use a rubber band to secure.
- Laundry and dishwasher pods - Place 5 in a sandwich baggy and mark.
- Dryer sheets - Place 5 in baggy.
- Ziploc bags - Sandwich, quart, and gallon size.
- Diapers - Size 3 and up.
- Cleaning supplies
- Toothbrush and toothpaste
- Dish soap
- Bar soap
- Shampoo and conditioner
- Personal care items
- Band-aids and tape
- Deodorants - Men and women
- First aid treatment.
- "Birthday in a Bag" – Place in a gift bag: cake mix, can of frosting, balloons, candles, birthday paper plates, napkins, party favors, and a little gift like a book or a toy.



Many of the different insurance plans give you \$25 to \$40 a month to buy over the counter items. Get extra items to donate to a food shelf.