

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



Most Needed Donations

Proteins

Canned Ham/Chicken/Fish, Canned and Bagged Beans, Nut and Non-Nut Butter, Sun Butter, Beef Stew, Chili, Nuts, and Canned Beef & Cheese Ravioli

Fruits

Canned Low Sugar, Dried Fruit, 100% Juice Boxes, Plastic Bottles of Juice, 100% Fruit Spreads/Jam, Fruit Cups, 100% Fruit Bars, and Grape Jelly

Vegetables

Canned Low Sodium, 100% Vegetable Juice, Tomato Sauce, Canned Soups, Canned & Boxed Meals, and Dry Soup Mixes

Grains

Boxed/Bagged Pasta and Rice, Hot and Cold Cereal, Oats, Quinoa, Whole Grain Bars, Barley, Granola, and Pancake/Waffle Mixes

Dairy

Shelf Stable Milk, Shelf Stable Parmesan Cheese, Canned/Evaporated/Dry Milk, Powdered Milk, and Carnation Instant Breakfast

Additional Food Items

Flour, Cooking Oil, Canned Meals, Coffee, Tea, Condiments, Low Salt/Baked Chips, Water, Muffin/Bread Baking Mixes, Whole Grain Pretzels/Crackers, and Spices

Baby

Diapers (all sizes), Wipes, Formula, New Bottles, Cereal, Plastic Jars, Powder, Lotion, and Baby Snacks

Personal

Soap, Tooth Paste & Brushes, Shampoo, Conditioner, Brushes, Deodorant, Adult Diapers and Feminine Hygiene Products

Household

Toilet Paper, Paper Towels, Napkins, Plastic Utensils, Plastic & Paper Cups/Plates/Bowls, Garbage Bags, Detergents, and Bleach

Pet Food

Bags of Dog/Cat Food, Canned Dog/Cat Food, Caged Animal Foods, Treats, and New Leashes

Please, no glass jars.

For more information, please contact:

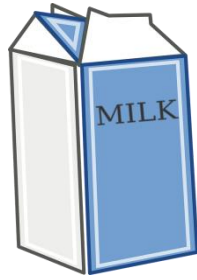
Billy Gonyou
Community Events & Food Drive Manager
wgonyou@licares.org
631-582-3663, ext. 113
www.licares.org



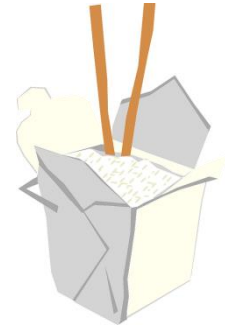
TOP 10 MOST NEEDED ITEMS

In an effort to provide the most effective service to those we serve, this list represents our highest food priorities. These items are high in both demand and nutritional value.

While we continue to accept items outside of this list, we kindly ask you to focus your efforts with these items in mind so, together, we can have the maximum impact for individuals facing hunger.



LOW-FAT, BOXED, & NON-REFRIGERATED MILK



WHITE RICE



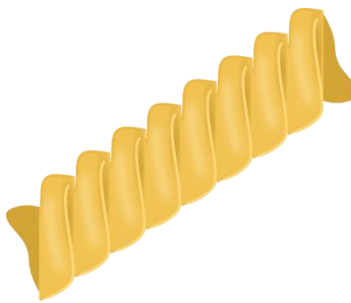
CANNED VEGETABLES



COOKING OIL



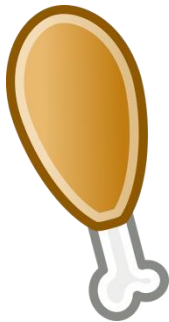
CEREALS



PASTA



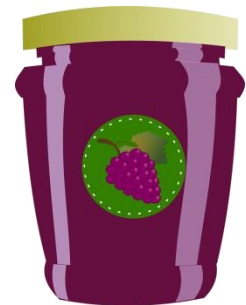
TOMATO SAUCE



CANNED MEAT, POULTRY, & FISH



PEANUT BUTTER



JELLY, JAM, & SPREADABLE FRUIT

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We kindly ask that you donate products that are in boxes, cans, or plastic bottles, and do not require refrigeration. To promote healthy eating, we ask for items that are low in sugar/sodium and free of high fructose corn syrup. Please, no glass jars.

For more information, visit www.licares.org