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
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.

**Top 10 Most Needed Items**

- 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

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