



St. Luke's Eastport

Suggested food donations: October 2020

cans of fruit (in fruit juices)
100% fruit juices
cans of vegetables and beans (low sodium)
cans of soup or stew (low sodium)
assorted pasta and noodles (semolina and whole wheat)
spaghetti sauce
Rice (white and brown)
boxes of pasta or rice dinners
cans of tuna; salmon or chicken (packed in water)
dried beans
peanut butter (reduced sugar)
boxed cereal (whole grain)
boxed milk (shelf safe)
pancake mix (whole grain)
gluten free products

Other items:

toothpaste (fluoride)
toothbrushes - individually wrapped (adult - soft; children - soft)
bar soap - individually wrapped
shampoo
deodorant (men's and women's)
diapers (all sizes)
baby wipes

Individual items, multiple-item packs or cases are acceptable