

Winter 2104 Items Needed For Our Cle Elum Food Bank

ALL food drives and donations, stay in Upper County

Non-Perishable

Soups, Chili and Stews
Canned & Dried Fruits
Canned Tuna & Proteins
Pancake Mixes & Syrup
Jellies & Jams
Rice & Pastas / mixes
100% Fruit Juices - kid sizes too
Coffee & Hot Chocolate
Small size - Flour/Sugar
Zip-Lock Bags all sizes - for portioning and freezing

Items That Promote Home Cooking

Hot & Cold Cereals
Home Baking Items
Salad Dressings
Herbs, Spices & Seasonings
Cooking Oils
Mayonnaise
Ketchup & Mustards
Dried Beans, Split Peas, Lentils
Shelf Stable Milks
Wholesome & Natural Foods

Personal Necessities

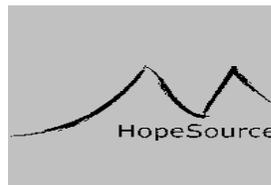
Dish & Laundry Soap
Shampoo
Toothpaste
Toothbrushes
Any Toiletries
Bathroom Tissues

Cleaning Supplies
Bleach

Other: Pet Foods

- NO's: no home canning/preserves. No Glass. No opened, expired, rusted, broken, or damaged items.
- Perishable items may be dropped off in person at the Food Bank - please call ahead - frozen foods, fresh produce, etc.
- Please, as often as possible we need healthy & nutritious foods, low in fat and low sodium.

HopeSource Cle Elum
Food Bank
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509-674-2375



Nutrition Education
Cooking Classes and
Recipes
Frank Schuchman
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