



## FILL A BAG FOR OUR LOCAL FOOD SHELF

**Respond to food insecurity in our community by filling a grocery bag with much needed food and household items for our local food shelf.**

Often needed items:

- Proteins - canned meat, fish, and beans, nuts & nut butters
- Fresh/dried herbs & spices
- White, wild, & brown rice varieties
- Gluten-free flours & flour blends (ex. coconut, oat, rice, almond, tapioca, chickpea, sorghum, cassava, amaranth, buckwheat, teff)
- Personal care items - shampoo/soap, deodorant, toothpaste, feminine hygiene, diapers, toilet paper
- Household supplies - laundry & dish detergent, kitchen & bathroom cleaners, paper towels



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