



FOOD BANK COUNCIL OF MICHIGAN

Items Most in Need at Your Local Food Bank

Most valuable Food Items:

Beans, canned: kidney, navy, pinto, pork & beans, refried

Fish, canned: salmon, tuna

Fruit Juice, 100% (canned or boxed)

Canned fruit or vegetables

Cereals

Instant Pudding or Jello

Meals, boxed: Complete dinners, helper & pasta meals

Meats, canned: beef stew, chili, hash

Oil, vegetable (bottled)

Pasta

Peanut Butter

Rice

Potatoes, instant

Soup, canned and boxed

Snack Items: fruit snacks, granola bars

Staples: flour, spices, sugar, syrup

Tomato Products: canned tomatoes, tomato sauce, tomato paste

Baby Food and Baby Formula (check with your food bank ahead of time to see if they accept)

Personal Care Items:

Combs

Deodorant

Disposable razors

Feminine Hygiene Products

Shampoos and soaps

Toothbrushes and toothpaste

Toilet Paper

Diapers

Your Food Bank can NOT accept: home canned or home-made goods, opened or damaged items, fresh or perishable items, expired items.