

## Calvary Cares Food Drive

### Suggested Non-Perishable Items and Sizes

White Rice	1, 2, 5 lb
Brown Rice	1, 2, 5 lb
Pasta (spaghetti, penne, etc.)	1, 2, 4 lb
Wheat pasta or other	1, 2, 5 lb
Pasta sauce (cans or jars)	16-32 oz
Quinoa	1 or 2 lb
Canned tuna & Canned chicken	6-13 oz
Peanut butter	16-48 oz
Jam or jelly	16-40 oz
Vegetable oil (canola, olive, corn)	16 oz – 3 gal.
Granola or cereal bars	10-48 count
Boxed cereal (Wheat, oat, or rice)	12, 16, 20 oz
Plain oatmeal	1, 2, 5 lb
Dry beans	1, 2, 5 lb
Canned/Cups fruit (“in juice”/try to avoid corn syrup)	16-32 oz or multi packs
Canned tomatoes (diced, whole)	16-32 oz
Canned vegetables (peas, green beans)	15-16 oz

**Notes:**

- 1 – If you would like to contribute a bulk bag, we can divide 25 or 50 pound bags of rice or beans.
- 2 – Consider low sugar options for cereal (< 5 grams sugar/serving), peanut butter (e.g. Skippy), pasta sauce (e.g. Simply Ragu), and granola bars (< 7 grams sugar/bar)
- 3 – Monetary donations to Calvary Cares will be used to buy items in bulk and missing essentials. <https://calvarylutheranchurch.org/give/>
- 4- Please do not donate bread, tortillas, fresh produce or other fresh items. Tortillas, bread, onions, and garlic will be purchased just prior to distribution. It can take a couple weeks to organize distribution of the food to all the families.