

## Calvary Cares Food Drive Suggested Non-Perishable Items and Sizes

Items We Try to Always Provide	Sizes
White Rice <sup>1</sup>	1, 2, 5, 25, 50 lb
Brown Rice <sup>1</sup>	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/cereal bars	10-48 count
Boxed cereal (Wheat, oat, or rice)	12, 16, 20 oz
Plain oatmeal	1, 2, 5 lb
Pancake mix (Ex. Krusteaz, no eggs or milk required)	10 lb.
Pancake syrup (ok to buy brands with corn syrup)	24-32 oz.
Dry beans <sup>1</sup>	1, 2, 5, 25, 50 lb
Canned/Cups fruit ("in juice"/try to avoid corn syrup & other sweeteners)	16-32 oz or multi packs
Canned tomatoes (diced, whole)	16-32 oz
Canned vegetables (peas, green beans)	15-16 oz
Liquid laundry detergent (no pods please)	200+ fl oz
Toothbrush (soft or extra soft only) & Toothpaste	1 or 2/pack
Condiments: iodized salt, black pepper, hot sauce	Various

### 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 and distribute the food to all the families. We purchase fresh items just before delivery.