

Calvary Cares Food Drive
Suggested Non-Perishable Items and Sizes

Items We Try to Always Provide	Sizes
Rice ¹	1 to 50 pound pkg
Beans ¹	1 to 50 pounds pkg
Pasta (spaghetti, penne, etc.)	1 to 20 pound pkg
Pasta sauce (cans or jars)	48 oz or larger jar/can
Canned tuna	7 oz
Canned chicken	6-13 oz
Peanut butter (smooth, NOT crunchy)	48 oz
Jam or jelly or fruit spread (if possible, no high fructose corn syrup)	16-42 oz
Vegetable oil (canola, olive, corn)	24 oz to 3 quarts
Granola/cereal bars	10-48 count
Boxed cereal (Wheat, oat, or rice)	12, 16, 20 oz
Oatmeal (bulk rolled oats or large box of single serving packs)	1, 2, 5 lb rolled oats or 60-pack box
Complete Pancake mix (Ex. Krusteaz, no add'l eggs or milk required)	10 lb. bag
Pancake syrup (ok to buy brands with corn syrup)	32 oz.
Fruit cup multipacks <i>or</i> cans of fruit ("in juice"/ if possible, no high fructose corn syrup or other added sugars)	16 to 32 oz cans
Canned tomatoes (diced, whole)	16-32 oz
Canned vegetables (peas, green beans)	15-16 oz
Mayonnaise	30-32 oz
Liquid laundry detergent (no pods please)	190+ fl oz
Toothbrush (soft or extra soft only)	Individually wrapped
Toothpaste	Large tube
<i>Condiments:</i> hot sauce taco seasoning packages spaghetti sauce seasoning packages	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 & garlic will be purchased just prior to distribution. We purchase fresh items just before delivery.