



# FOOD DONATION LIST

Donations can be dropped to the rear entrance

70 Thomaston Street, Rockland  
(across from South School; entrance to the Industrial Park)

Mon, Weds, and Fri 8:30am – 12:00pm &  
Weds 5:00 – 6:00pm

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## Grocery

- Butter/margarine
- Cheese
- Yogurt
- Bread

## Canned Goods

*(pop-top lids preferred)*

- Soups, chili
- Beans
- Tuna fish
- Peanut butter and jelly
- Pasta sauce

## Snacks

- Raisins
- Protein Bars
- Mixed Nuts
- Applesauce

## Cooking Items

- Salt & Pepper
- Cooking Oil
- Salad Dressing
- Spices
- Maple Syrup
- Ketchup, Mustard, Mayo, Relish

## Boxed Goods

- Egg Noodles
- White Pasta (all varieties)
- Macaroni and Cheese
- Stuffing
- White Rice
- Cereal
- Oatmeal
- Crackers
- Meal kits

## Freezer Items

- Frozen vegetables
- Microwave Ready-meals
- Pizza

## For Kids

- Cereal bars
- 100% juice boxes
- Shelf-stable milk boxes

## Health & Beauty

- Full-size Shampoos and Conditioners
- Toothbrushes (kids and adults)
- Toothpaste (kids and adults)
- Shaving Cream
- Deodorant

## Household

- Cleaning supplies
- Laundry detergent

*We appreciate allergy-friendly foods – gluten-free, nut-free, etc.*

*Please no soda or candy*