



A Helping Hand Food Box Suggestions

- Canned goods (fruits, vegetables, beans, soups, meats, etc.)
- Applesauce and fruit cups
- Cereals
- Oatmeal
- Pasta, macaroni and cheese
- Pasta sauce
- Rice mixes, hamburger helper, tuna helper
- Dried beans, rice
- Instant potatoes
- Peanut butter
- Crackers, cookies, snacks
- Granola bars
- Trail mix
- Pancake mix, syrup
- Baking mixes
- Bread
- Powdered milk
- Drink mixes
- Condiments
- Paper towels
- Toilet paper
- Soap, shampoo, conditioner
- Deodorant
- Toothbrushes and toothpaste
- Feminine hygiene products
- Dish soap, small packages of laundry detergent

Winter Modifications

We've found that items are typically okay in the boxes when the highs during the day are above freezing, even if it dips below freezing overnight. Once temperatures are consistently below freezing, however, we cannot have cans or glass containers in the boxes as they will expand and eventually burst. Peanut butter containers are typically fine. Bags of frozen fruit or veggies are fine to go in the boxes as long as the temperatures will remain well below freezing for an extended period of time. Pouches of tuna are also a good alternative to cans, and bagged soup mixes can take the place of canned soup. Winter hats and gloves are a welcome addition in the winter.

*** All items must be new and unopened ***