



Food for Families

United Way Day of Caring

September 18, 2015

Financial strain is a reality for many families staying at Seattle's Ronald McDonald House. Our pantry is available free of charge to families during their stay, and provides basic food items and other necessities. Donating food is more than just dry goods - it's also comfort and security for the over 80 families who reside here each night. Thank you for your support.

Because many of our children have compromised immune systems due to their treatment, please note:

- Families cannot share large containers of food. **We ask that canned goods be 16 oz. or smaller.**
- **All food donations must be new** (directly from a store) and **cannot be from personal pantries.** This ensures that items are at their freshest and have the furthest possible expiration date.
- To ensure health and safety, **we cannot accept home canned goods.**

Shopping List

- | | |
|--|---|
| <input type="checkbox"/> Canned fruit:
peaches, pears,
pineapple, fruit
cocktail, mandarin
oranges | <input type="checkbox"/> Jarred pasta sauce |
| <input type="checkbox"/> Canned meats:
salmon, beef,
chicken, SPAM | <input type="checkbox"/> Instant Soup: Cup-o-
Noodles, Top Ramen |
| <input type="checkbox"/> Canned soups:
chicken or turkey
chili, chowder,
condensed chicken
noodle or tomato
soup, beef stew,
beef broth | <input type="checkbox"/> Boxed rice and pasta
helpers: Hamburger
Helper, Pasta Roni |
| <input type="checkbox"/> Canned beans:
refried, baked,
garbanzo, pinto | <input type="checkbox"/> Boxed cereal |
| <input type="checkbox"/> Canned
vegetables: corn,
diced tomatoes | <input type="checkbox"/> Oatmeal packets |
| | <input type="checkbox"/> Pancake mix |
| | <input type="checkbox"/> Microwave popcorn |
| | <input type="checkbox"/> Snack bars: Granola,
Clif, NutriGrain |
| | <input type="checkbox"/> Fruit-related snacks:
fruit leathers, fruit
cups, applesauce,
fruit snacks |
| | <input type="checkbox"/> Individually
packaged & snack
sized chips, cookies,
crackers |



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