



# Hold a Food Drive

Help feed families and kids  
in need at RMHC

Thank you for organizing a food drive! When you fill our pantries, families can stop worrying about where their next meal is coming from and focus on their child's treatment.

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



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