



Stuff A Truck Charity Food Drive
Benefitting the Waconia United, Southwest Carver and Watertown Friends for Life
Foodshelves

Non-perishable food items needed:

- Canned veggies, low or no-salt added, esp. Peas
- Low sodium pasta sauce
- Low sodium tomato paste
- Low sodium diced tomatoes
- Low sodium veggie juices
- Canned white or sweet potatoes
- Salsa
- Canned fruit in light or own juices
- Applesauce, no sugar added
- Dried fruit varieties
- 100% fruit juices
- Low sugar fruit spreads
- Canned Chunk Light Tuna or Chicken packed in Water
- Canned and dried beans, all varieties
- Low sodium broth or bean soups
- Chunky Soups, Stews & Chilis
- Unsalted nuts
- Peanut Butter, other nut butters
- High Fiber Cereal
- Pancake/Waffle Mixes
- Baby Food & Formula
- Pudding Cups
- Graham Crackers, Popcorn, Pretzels, Granola Bars
- Powdered and Shelf Stable Milks
- Shelf stable milk alternatives (rice, soy, etc.)
- Brown or wild rice
- Whole grain pasta and cereals
- Whole grain muffin mixes
- Tortilla Shells
- Old Fashioned Oats or Low Sugar Instant Oatmeal
- Whole grain crackers, cookies or other snacks
- Olive, Coconut, Canola Oils
- Salad Dressing, esp. Ranch

Non-food items needed:

- Anti-perspirant & Deodorant
- Diapers, esp. Larger sizes
- Baby Wipes and Wash
- Feminine Hygiene Products
- Hair Shampoo & Conditioner
- Toilet Paper
- Toothbrushes & Toothpaste

****No Bulk Items****

****No Soda or Candy****

For *better weight distribution* and to keep product from damage, pack boxes with canned goods on the bottom and packaged goods on top. *Please also consider the weight of the boxes as they are being filled.*