

They also accept all low-sodium veggies, low-sugar canned fruit and other whole grains.

- Canned Asparagus
- Canned Coconut Milk
- Canned Mangoes
- Canned Mixed Fruit
- Canned Mushrooms
- Canned Oranges
- Canned Pineapple
- Canned spinach
- Conditioner
- Denture Tablets
- Deodorant
- Diced Tomatoes
- Dish Soap
- Flour
- Granola
- Jiffy Biscuit Mix
- Laundry Detergent
- Olive Oil
- Pasta Sauce
- Reduced Sodium Chicken Broth/ Vegetable Broth
- Salad Dressings
- Shampoo
- Spices
- Stuffing
- Sugar
- Toilet Paper
- Vegetable Oil
- Whole Grain Cereal (Cheerios, Raisin Bran)
- Whole Grain Noodles (Rotini, Elbow, Linguine)

**SHIP DIRECTLY** via Amazon

Scan the QR code to ship items directly to Pregnancy Resource Center.



# HAND2HAND

providing food to prevent weekend hunger for kids

All items are specific in weight & size to keep the packed bag weight easy for the child to take home.

Cereal (small individual boxes)

Chicken (5 oz cans)

Cracker Packets (cheese/crackers, PB/crackers)

Fruit Cups or Mandarin Orange Cups

GoGo Applesauce (shelf stable)

GoGo Yogurts (shelf stable)

Graham Crackers (fresh stacks)

Green Beans or Corn (14.15-15 oz canned)

Jelly (individual packets 1.5 oz)

Macaroni and Cheese (cups)

Mashed Potatoes (instant 4 oz pouch)

Meat sticks (Slim Jims)

Milk (shelf-stable like Horizons White Milk)

Mini Muffins (Hostess)

Nature Valley Granola Bars

Nutri-Grain Fruit Bars

Oatmeal (individual servings)

Pancake Mix (6.75 oz packets)

Peanut Butter (individual Jiff to go)

Popcorn (microwave packets)

Ravioli, Beef-a-Roni, Spaghetti O's (small cans)

Ritz Crackers (fresh stacks) \*

Soup (Campbell's Chunky Beef with vegetables 18.8 oz)

Soup (microwavable chicken noodle or others)

Spaghetti (8-12 oz box)

Spaghetti Sauce (15 oz no glass jars)

Trail Mix (individual packets)

Store Gift Cards (Meijer, Target, Aldi and Costco)

**Please drop off at any campus at the Hand2Hand box.**