

- Canned Asparagus
- Canned Chicken
- Canned Coconut Milk
- Canned Mangoes
- Canned Mixed Fruit
- Canned Mushrooms
- Canned Oranges
- Canned Pineapple
- Canned spinach
- Canned Tuna
- Conditioner
- Denture Tablets
- Deodorant
- Diced Tomatoes
- Dish Soap
- Flour
- Granola
- Jiffy Biscuit Mix
- Laundry Detergent
- Mashed Potatoes
- 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 Flat River Outreach Ministries



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

Please return to the ADA BIBLE CASCADE CAMPUS. Map & times at [ADABIBLE.ORG/GIVINGTABLES](https://ADABIBLE.ORG/GIVINGTABLES).