

Volunteer to Nourish Friendship Shelter Food Needs 2012

Friendship Shelter relies on donations to keep our pantry stocked. Many of our residents struggle with health concerns like diabetes, high blood pressure, high cholesterol, obesity, etc. A nutritious, well-balanced diet is just one way we can help nurture our residents and give them the fuel needed to rebuild their lives. Donations of heart-healthy, low-sugar, minimally-processed foods are the best option for our clients. A phone call ahead is helpful so that we can prepare to find the best way to store and use your donation.

Economy size is helpful.

- Frozen bags of chicken breast
- Frozen meats (ground turkey, lean ground beef)
- Frozen vegetables (broccoli, mixed veggies, corn)
- Frozen berries
- Canned beans (pinto, black, garbanzo)
- Brown rice
- Whole grain pasta
- Pasta sauce
- Chicken noodle soup
- Bags of salad
- Cans of tuna
- Cooking spices
- Sliced deli turkey or chicken & sliced deli cheese
- Loafs of whole wheat or multigrain bread for sandwiches
- Tortillas
- Oatmeal and Cream of Wheat (honey and boxes of raisins)
- Healthy cereals (Kashi, Total, Cheerios)
- Powdered Crystal Light
- Healthy granola bars
- Fresh produce (please call with amount)
- Yogurt
- Fruit juice
- Pretzels
- Hot herbal tea bags

Your donations are greatly appreciated, much needed, and of course tax-deductible. Thanks for providing sustenance to our community!



FRIENDSHIP SHELTER

Reaching Out to Rebuild Lives

(949) 494-6928