



Most needed food list...

(PLEASE **NO GLASS – CHECK DATES – NO DENTS)**

When in doubt, please, throw it out.

Unopened, professionally packaged and non-perishable:

healthy and nutritious (ie...low sodium, high fiber) foods are always appreciated

Peanut butter – plastic containers

Jams – Plastic containers

Canned meat and fish - chicken, tuna, salmon etc..

Hearty soups, chili, stews

Macaroni & cheese, boxed dinners

Coffee / Tea (instant & single servings)

Iced tea (and mixes)

Canned Fruits in natural juices

Vegetables

Milk Evaporated, Powdered, **Soy Milk**

Parmalat milk boxes (chocolate too!)

Hot Chocolate (instant packets)

100% canned or boxed juices

(individual sizes too)

Gatorade (individual sizes too)

Infant formula, **Baby** food

Pediacare, Toddler food

Beans (kidney, pinto, navy, black, etc.)

Pasta & Rice (whole wheat pasta/brown rice)

Can Openers

Sweets...everyone loves a treat!

Breakfast cereal bars

Granola Bars

Snack Bars

Pretzels – individual sizes

Dried fruits, Nuts

Healthy cereals (low sugar & fat, individual serving size too!)

Oatmeal and hot cereals

Flour, baking mixes

Spices

Canned Sauces

Condiments; ketchup, mustard, etc

Applesauce, Puddings & Custards

Baking mixes, Muffin and Roll mixes

Paper Plates and Cutlery

Personal Items (soaps, shampoos, toothbrushes, toothpaste, razors, creams and lotions, deodorant, sanitary items, depends, diapers and wipes)

Pet food (folks have pets to feed too!)

Still not sure what to donate?

If you love it, others will love it too!

Monetary donations are always appreciated and accepted.

rock CAN roll, Inc® is a volunteer, 501c3, non-profit, hunger relief organization and think tank whose mission is to be a source that continually restock the shelves of emergency food agencies. rock CAN roll® collaborates with rock concerts, schools, corporations, and private individuals to collect healthy and nutritious, canned and non-perishable food (and basic provisions) for distribution to local agencies and into the hands of children, seniors and families who live with hunger and poverty.

The rock CAN roll® organization is always looking for new collaborators, volunteers, supporters and friends to help in this quest to beat hunger and poverty.

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