



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, organic, gluten free, etc..) is what we need!**

Peanut butter – plastic containers
Jams – plastic containers
Canned meat & fish: chicken, tuna, salmon etc..
Hearty soups, chili, stews
Tofu – boxed nonperishable
Macaroni & cheese, boxed dinners
Coffee, Tea (herbal & decaf too)
Iced tea (and mixes)
Canned fruits & vegetables
Milk: Evaporated, Powdered milk
Soy Milk, Almond 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, refried, etc.
Sweets.... everyone loves a treat!
Breakfast cereal bars
Granola Bars, Snack Bars

Dried fruits, Nuts
Pasta & Rice (brown pasta, rice, GLUTEN FREE)
Healthy cereals: low sugar & fat, high fiber, individual serving size too
Oatmeal and Hot cereals
Flour, baking mixes
Spices
Canned Sauces
Condiments: ketchup, mustard, etc.
Applesauce, Puddings & Custards
Baking mixes, Muffin & Roll mixes
***Personal Items** (soaps, shampoos, toothbrushes, toothpaste, razors, creams & lotions, deodorant, diapers, wipes, tampons, sanitary napkins, depends, etc..)
Paper Towel, toilet paper, kleenex
Pet Foods, treats, etc...

**** When shopping for canned items, please look for flip tops. Can openers are always needed too.**

Still not sure what to bring? If you love it, others will love it too!

Cash 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 stock the shelves of emergency food agencies with **HEALTHY** food. rock CAN roll® collaborates with *rock concerts*, schools, corporations, and private individuals to collect **NUTRITIOUS** non-perishable food (for people & their PETS) and basic necessities for distribution to local agencies and into the hands of children, women and men, 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.

Our message is simple ... Help Out While You Rock Out!

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