



**BATTLE OF
THE BANKS +
CREDIT UNIONS**

SUGGESTED FOOD DONATIONS

As you collect donations, please focus on complete meals, protein-rich foods and items that are easy to prepare. The following items have been requested by Spartan Stop and the Salvation Army.

PROTEIN & READY-TO-EAT MEALS

- Canned or pouch tuna, chicken, salmon, SPAM or Vienna sausages
- Canned soup, stew or chili, especially varieties containing protein
- Canned ravioli, SpaghettiOs and other canned pasta meals
- Shelf-stable complete meals and meal kits
- Individual mac & cheese cups

MEAL BASICS

- Dry pasta and pasta sauce in cans or plastic containers
- Boxed mac & cheese
- Hamburger Helper, Tuna Helper and other boxed meals
- Ramen noodles
- Dry beans and rice
- Rice mixes, pasta mixes and boxed potato mixes
- Stuffing mix and gravy in packets or nonglass containers

BREAKFAST FOODS

- Cereal and oatmeal
- Granola bars and Pop-Tarts
- Pancake mix and syrup
- Powdered milk

FRUITS, VEGETABLES & PANTRY STAPLES

- Canned fruit, fruit cups and applesauce cups
- Canned vegetables, including peas, carrots, potatoes and spinach
- Canned tomatoes, tomato sauce and diced tomatoes
- Peanut butter and jelly
- Flour, sugar, salt, pepper and other spices
- Barbecue sauce and other sauces
- Shelf-stable juice





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SNACKS

- Individually packaged crackers, cookies and other snack foods
- Individually wrapped granola bars and snack packs, especially for Spartan Stop students

PLEASE KEEP IN MIND:

- Donate unopened, nonperishable food in good condition.
- Please avoid glass jars.
- Choose foods that help someone put together a nourishing meal.
- Individually packaged foods are especially helpful for students.

A little friendly competition can do a lot of good. Let's focus on collecting food our neighbors can use and enjoy!

