

# FOOD DRIVE • FOOD DRIVE • FOOD DRIVE

WHOLE GRAINS • PROTEINS • DAIRY • FRUITS • VEGETABLES • WHOLE GRAINS • PROTEINS • DAIRY • FRUITS  
canned • dried • boxed • bagged • canned • dried • boxed • bagged • canned • dried • boxed • bagged

## FRUITS & VEGETABLES

- Canned tomato products/spaghetti sauces\*
- Canned fruit in light syrup or their own juices **H**
- No sugar added applesauce **H**
- Dried fruits (raisins, apricots, prunes, etc.) **H**
- Canned and boxed 100% juice **H**
- Fruit leather (100% fruit wraps) **H**
- Low-sodium or “no salt added” canned vegetables **H**
- Low sodium V-8 juice **H**
- Canned ethnic foods (bamboo shoots, hominy, etc.)
- Vegetable or Chunky soups
- We also accept produce\*** (backyard grown or fresh)—please drop off to CSA office.

## BREAD, CEREAL, RICE & PASTA

- Brown or whole grain rice\*
- Whole wheat pasta\*
- Instant rice or breakfast bowls **H**
- Granola bars **H**
- Whole wheat/bran cereal
- Whole wheat flour
- Whole grain pancake mix
- Plain or low sugar oatmeal
- Whole grain crackers, graham crackers

## POULTRY, FISH, BEANS & NUTS

- Canned chicken or turkey\*
- Canned salmon or tuna in water\*
- Unsalted nuts: almonds, walnuts, peanuts, soy nuts or pistachios **H**
- Canned or dried beans
- Turkey or vegetarian chili
- Low sodium broth or beans soups
- Peanut butter\*

## MILK, YOGURT & CHEESE

- Fat free pudding **H**
- Instant breakfast drinks, Ensure **H**
- Powdered milk
- Shelf stable milk or soy milk



\* = most needed items

**H** = in need of individually packaged/pop-top canned items for homeless bags.

**Donations accepted** Mon.-Fri. 9:30-12pm & 1:30-4pm  
204 Stierlin Road  
Mountain View, CA 94043

**Food Drives** Contact LaDrea Clark  
lclark@CSAcares.org or 650.964-4630  
for barrel pick-up or drop off.