

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. 9:30-12noon & 1:30-4pm
204 Stierlin Road
Mountain View, CA 94043

Food Drives Contact Alison Hopkins
ahopkins@CSAcares.org or 650.964-4630
for barrel pick-up or drop off.



Thank you for helping us minimize hunger & food insecurity
to over 3,000 people in our community each year.

www.CSAcares.org

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