

Accepting Donations at
 2 Pickett District Road
 Mon.-Thurs. 8am-4pm/ Fri. 8am-2pm



Thank you for donating to The New Milford Food Bank. We hope you will help us with our effort to stock our shelves with healthier food options.

<u>LOW SODIUM</u>		<u>LOW SUGAR</u>
Less than 140 mg for VEGGIES Less than 200mg for BEANS Less than 480mg for SOUPS/BROTHS		No added sugar or syrup to canned fruits & vegetables Less than 6g for CEREAL
<u>LOW FAT</u>	<u>WHOLE GRAIN</u>	<u>NATURAL</u>
<u>GLUTEN-FREE</u>	<u>ORGANIC</u>	<u>No HYDROGENATED OILS</u>

Please consider before buying:

See below for complete List of Needed Items



[Accepting Donations of New or Gently-Used Reusable Shopping Bags]



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Canned Fruit in Natural Juice Canned Soups/ Broth Canned Vegetables Canned Beans Bagged Beans Canned Meals (Ravioli/ Stews/ Chili) Lentils or Barley Quinoa White or Brown Rice Wild Rice Pasta Jar Sauce Diced Tomatoes Canned Tuna, Salmon, or Chicken	Macaroni & Cheese Seasoned Rice/Pasta (i.e. Rice-Roni/ Near East) <u>Natural</u> Peanut Butter or Other Nut or Seed (Sun) Butter Fruit Spread/Jelly/Jam Cereal and Oatmeal Pancake Mix/Syrup Condiments [Mustard..Ketchup..etc] Baking Ingredients [i.e. Flour...] Salad Dressing Spices/ Herbs/Oils Granola Bars Crackers Baked Chips/Gold Fish Dried Fruit [i.e. apples...raisins]	100% Fruit or Vegetable Juice (bottle or lunch box size) Shelf Milk 1%-2% Fat Coffee or Tea Hot Chocolate Water Dessert/ Bread Mixes Baby Food/ Formula (Limited space for: Eggs/ Milk/ Butter/ Fresh Fruit/ Vegetables) Personal Care Items Paper Goods Diapers Household Cleaners
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