



# HOLIDAY DONATION DRIVE

## 2019 MOST NEEDED ITEMS

### FOOD ITEMS (supporting over 250,000 meals a year)

#### Vegetables:

Diced Tomatoes and Tomato Sauce  
(Low Sodium or No Salt Added Preferred)

Variety of Canned Vegetables  
(Low Sodium or No Salt Added Preferred)

Spaghetti Sauce

#### Whole Grain:

Whole Grain/High Fiber Cereal  
(No Added Sugar, i.e. Shredded Wheat)

Tortillas (Corn and/or Flour)

Oatmeal/Cream of Wheat

Brown Rice

100% Whole Grain Pasta & Crackers

#### Dairy (Low Fat):

Boxed Milk

#### Protein:

Refried Beans

Canned Meat (Chicken/Salmon w/  
140mg sodium or less/serving)

#### Miscellaneous Items:

Small Bottles of Cooking Oil  
(Olive, Canola, Coconut)

Spices & Condiments

Low-Sodium Broths

Canned Soup (Low sodium)

Quinoa (and other Gluten Free Items)

#### Fruit:

Canned Fruit (In 100% Juice)  
Shelf-Stable Fruit Cups

(In 100% Juice)

Jam/Jelly

#### Household Items:

These items most benefit the health and dignity of our guests, but are least donated:

Toilet Paper

Laundry Detergent

Dish Soap

Shampoo

Deodorant

Tampons

Toothpaste

## Your Community Needs Your Help!

Schools, businesses, churches, and organizations are invited to gather together to restock our food pantry shelves for winter and spring. Our stocks are greatly depleted from serving over twice as many families as usual with nutritious food and resources they need to move forward. Every holiday donation drive makes a difference!

### DONATION DROP OFF

Community Action House  
345 West 14th Street, Holland, MI  
9am-5pm, Mon-Fri

### TO SCHEDULE A PICKUP FOR LARGER DONATIONS

CALL: 616 392 2368 x109  
EMAIL: [hello@communityactionhouse.org](mailto:hello@communityactionhouse.org)  
ONLINE: [communityactionhouse.org/holidaydonations](http://communityactionhouse.org/holidaydonations)