



ECHO, Inc. Food Bank
FOOD ITEMS NEEDED FOR FOOD BOXES:
(please no glass, no home canned, no open packages)

PEANUT BUTTER & Jelly
PASTAS & SAUCES
CANNED VEGETABLES
CANNED CHILI/Soups OR STEW
CEREAL
MACARONI AND CHEESE
RICE

TUNA, Salmon, Chicken, canned
CANNED FRUITS
TUNA HELPER
CANNED BEANS
CANNED MILK or powdered milk
Dry Pinto Beans
FLOUR & SUGAR or baking mix

Seasonal: Fresh Garden produce

INDIVIDUALLY PACKAGED (for backpacks): CEREALS, **CEREAL BARS**, FRUIT CUPS; **PUDDING CUPS**; Ready to Eat PASTA CUPS/ENTREES (pop top for kids), Vienna sausage/jerky, bottled water.

OTHER ITEMS:

Powdered Infant formula & Diapers

Reduced sugar, **high protein "Ensure or Boost" Type liquid supplement**

Low-fat, low-sugar, low- salt items for seniors and children on special diets

HOLIDAY MEAL ITEMS:

Turkey or ham (frozen)

Canned Yams/Sweet Potatoes

Gravy Mix /Chicken Broth

Dressing or Stuffing Mix

Canned Green Beans

Canned Fruit

Dessert Mixes

Instant Potatoes

Non-food Supplies:

Small personal hygiene items (combs, toothbrush, toothpaste, deodorant, shampoo, laundry soap, diapers)

Copy Paper

Liquid Cleaners

Plastic Grocery Bags (used ok)

Disinfectant

Blue or Black Ink Pens

Wipes (Lysol & Baby/or hand wipes)

Thank You! We could not DO IT without You!

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