



**MARCH
CAMPAIGN**

nurture
your local food shelf

Donate Online



Text to Give

**Text "VOGIVE"
to 243725**



**Valley
Outreach**

Donate Food




Items you can donate to Valley Outreach

Cash


Seasonings & Oil

Cinnamon
Olive oil
Cumin
Salt & pepper
Sesame oil
Coconut oil 

Canned Protein

Tuna 
Chicken
Salmon
Beans


Grains

Pasta 
Rice
Gluten-free pasta
Quinoa
Kid-friendly cereal


Condiments

Salad dressing
Ketchup
Hot sauce 
Soy sauce


Pantry Items

Flour
Gluten-free flour
Cassava flour
Non-dairy shelf-stable milk
Granola bars
Nut butter
Chicken or vegetable stock
Stock cubes
Ready-to-eat soup 

Hygiene products

Maxipads
Tampons
Shampoo & conditioner
Toothpaste
Toothbrushes 
Soap

Household Paper Items

Paper towels 
Toilet paper

Baby Items

Formula
Baby food

Learn more about food shelf donations
valleyoutreachmn.org/food-donations



www.valleyoutreachmn.org