

# COOKING ESSENTIALS KIT

A food drive benefitting Valley Outreach

You can support the community in cooking their favorite meals by creating & donating a Cooking Essentials Kit

In each Cooking Essentials Kit, please include the following items:

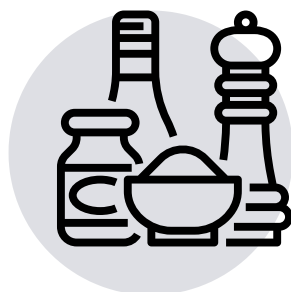


## FLOUR

White, whole wheat, gluten free

## OILS & VINEGARS

Include 2 types:  
eg. olive oil, vegetable oil  
eg. balsamic or apple cider vinegar



## SPICES & SEASONINGS

Include 2 types:  
eg. salt, pepper, garlic, onion  
eg. taco seasoning or other seasoning packet

## SUGAR

White, brown, confectioners, or sugar alternatives



## SAUCES & DRESSING

Include 2 types:  
eg. Soy sauce, worcestershire, BBQ  
eg. Italian, ranch, caesar

### Guidelines for Giving:

- Pack offsite, in plastic or paper bags
- Individually, factory packaged & labeled items only (do not separate multi-pack items)
- Food items only within expiration date
- No messaging included on or in bags

Contact [info@valleyoutreachmn.org](mailto:info@valleyoutreachmn.org) to get started with your drive today!