



A drive benefiting Valley Outreach

Donate Online



DID YOU KNOW?

Financial donations go further due to access to food banks and discount purchasing programs, allowing food shelves to purchase items most needed in their community.

Donate most needed items

- Canned Meats
- Grains
- Spices & Oil
- Household Paper Items
- Shelf Stable Foods
- Hygiene Products



www.valleyoutreachmn.org

40 food shelf 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

Diapers (sizes 5&6) 

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



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