



**MARCH
CAMPAIGN**

nurture
your local food shelf

Donate Online



Text to Give

**Text "VOGIVE"
to 243725**

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