



feed Minnesota

Donate Online



Host a Fund Drive





Donate Food




Items you can donate to Valley Outreach

Cash

Seasonings & Oil

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
Sugar
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

Baby Items

Formula
Baby food

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

Questions? Contact
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www.valleyoutreachmn.org