



LEND A **HOPING** — HAND



Contribute to our Food Drive

The five Hopelink Food Markets collectively serve thousands of families and individuals each year at no cost. During the holidays and winter months, a growing number of families can access free traditional holiday staples in addition to the usual core foods provided. **Can you help keep shelves stocked throughout the season by donating some of these items?**

MOST-NEEDED **FOOD** ITEMS

- Canned meat (tuna, chicken, etc.)
- Healthy cereal/oats
- Grains (pasta, rice, quinoa, barley, etc.)
- Soup and broths
- Non-dairy milk – shelf stable (oat, almond, soy)
- Flour (masa, wheat) (no bulk please)
- Oils (vegetable, canola, olive, etc)

MOST-NEEDED **NON-FOOD** ITEMS

- Baby items (squeeze food pouches, wipes, diapers size 4–7)
- Hygiene items (feminine products, toothpaste, toothbrushes)
- Adult briefs all sizes
- Paper items (toilet paper, paper towels)
- Household items (Clorox wipes, reusable bags, utensils)

SEASONAL ITEMS

- Baking supplies (baking soda, baking powder, sugar, salt)
- Spices (cinnamon, cardamom, nutmeg, cumin)
- Nuts (walnuts, almonds, pistachios)
- Sauces & seasonings (cranberry, mole, chicken bouillon, fish sauce, oyster sauce, soy sauce, curry)
- Canned or dried fruit (yams, pumpkin, mandarins, guava paste, shredded coconut, dried apples)
- Misc (Cornbread mix, instant coffee)

Event details: