

Shopping List

While we at the Foodbank of Southeastern Virginia and the Eastern Shore work to respond and assess the extent of the need, you can help by donating the most needed items. Your efforts make an enormous difference in the amount and variety of foods we are able to distribute to our neighbors.

Lean Canned Protein

Tuna
Sardines
Chicken
Turkey
Peanut butter
Beans

Fruits & Vegetables

Canned fruits
Canned vegetables
Pasta sauce
100% fruit juice

Whole Grains

Cereal / oatmeal
Pasta
Rice
Crackers
Granola bars
Pancake mix

Meals

Soups / stews / chili
Boxed meals
Canned pasta

Remember

Low fat, low sodium, and low sugar products preferred
Non-perishable food
Non-breakable containers
Nutritional labels intact
Product is good 6 months past the Best / Sell / Use By Date

Condiments

Ketchup / mustard
Salad dressing
Syrup
Jelly

Kitchen Essentials

Flour
Cooking oil
Herbs / spices

Personal Hygiene Products

Adult diapers
Shampoo / conditioner
Body wash / soap
Toilet paper
Toothbrush / toothpaste
Deodorant
Feminine hygiene items

Baby Products

Formula
Baby food
Diapers
Wipes

