



The American Legion, Bert Hodge Post 45 Family

Food Pantry Donation List

We get veterans in need through our door almost daily. In order for us to feed them we need donations from you.

Please help us help out our local veterans and their families.

Food Items for donation. Please no unlabeled or damaged cans or boxes.

1. Canned meats: Think beyond tuna & soup, which food banks get tons of. Instead go for canned beef, canned ham, canned chicken, canned salmon. Or hearty ready-to-go meals like beef stew and chili with meat.
2. Canned vegetables: Everyone donates green beans. Instead, give potatoes, carrots, spinach, peas or any other veggies your family likes.
3. Canned fruit: Any other fruit, particularly those in fruit juice without extra sugar, would be great. Dried fruit works too (raisins, etc.)
4. Boxed meals THAT REQUIRE ONLY WATER. Hamburger Helper isn't helpful if you don't have hamburger.
5. Low-sugar cereal like plain Cheerios, or single serve boxes of cereals.
6. Peanut butter
7. Instant oatmeal, instant grits
8. Cans of beans and other vegetables
9. Pasta, pasta sauce
10. Biscuit or baking mixes (again that only require water)
11. Cans, cartons or boxes of powered and evaporated milk
12. Snack items for kids to take to school: juice boxes, applesauce containers, granola bars

Other Helpful Items

1. Diapers in sizes above newborn, plus wipes
2. Toiletries: toothbrushes, soap, toothpaste, lotion, shampoo & conditioner, warm socks, Chap stick (consider someone living outside this time of year)
3. Feminine hygiene products: unscented pads will be most universally used, not tampons
4. Spices like cinnamon, oregano, basil, salt, pepper
5. Sliced bread. It's got a long shelf life but always goes immediately.
6. Bags of apples or potatoes. Ditto.
7. Chocolate. It's not a necessity but just a pick-me-up that I would sure appreciate, especially when it comes time to fill stockings.

Cash donations help toward getting perishable items for each family. It can also help pay a bill, or gas.

Clothing can be donated to the HUB, (Hardly Used Boutique) at the Heart of Putnam downtown at HWY 17 and 9th Street. Make donations in the name of the Post.

And the most important thing you can donate is your time and talents. Can you do home or car repairs to help a veteran or their family in need? Always remember. What would you do if you was in their place? Who would you turn to?

For God and Country.

The American Legion, Bert Hodge Post 45 Benevolence Committee.