

Food Drive "Wish List"

Kalamazoo Loaves & Fishes maintains a complete food "wish list" that reflects what is always needed in the KLF Warehouse.

What is needed most in our warehouse? Proteins! They are essential and are constantly in need. Also - right now - we are requesting **stick-to-your-bones food items**, like hearty soup, beef stew, ravioli, and pork and beans. It is an item that we - literally - cannot keep on the shelves.

We have organized the following list by protein, fruits & vegetables, starches, extras, and non-food items to reflect the organization of these food items at the Grocery Pantry level. These foods are essential and ensure that nutritional items are available for adults and children.

Protein:

Items that make this list have 7 grams of protein or more.

- beef stew
- tuna
- canned meat (chicken or Spam)
- baked beans
- corned beef hash
- pork and beans
- peanut butter
- mac & cheese
- hearty soups

Fruits & Vegetables:

- spaghetti sauce
- canned vegetables (beans, corn, peas, etc.)
- 100% fruit juice (preferred in the can, if possible)
- apple sauce
- fruit cocktail and other canned fruit

Starches:

- rice
- pasta/spaghetti
- canned potatoes
- elbow macaroni

Extras:

These items don't necessarily fit into other categories so they are here.

- soup (hearty soups with 7 g of protein or more will be under "protein")
- flour
- jelly
- gravy

Non-Food Items:

- formula (both milk & soy based)
- diapers (all sizes)

KLF does accept partial boxes and bags

Please try to **avoid** donating rusty, badly damaged cans. Also, the Grocery Pantry Program cannot use bulk size canned goods and end up donating those to other community meal programs.

Thank you for helping feed hungry people in this community!