



**BOULDER COUNTY AIDS PROJECT**

*Serving Boulder, Broomfield, Gilpin & Clear Creek Counties.*

**JACK HODGES FOOD PANTRY NEEDS:**

This list will help you fill a grocery bag with items for BCAP and our food pantry in Boulder. We currently serve around 200 clients.

**Non-Perishable Protein**

Canned beans, all varieties  
Peanut Butter – Crunchy & Smooth  
Almond Butter  
Tuna  
Canned fish, chicken, beef  
Canned Chili (veg and w/meat)  
Canned Soup (veg and w/meat)  
Ensure / Other High Protein Shakes

**Non-Perishable Fruit and Vegetables**

Tomato Sauce / Pasta Sauce  
Canned Fruit  
Canned Vegetables

**Grains and Cereals**

Dry Rice  
Dry Pasta (spaghetti, rotini, etc.)  
Ramen Noodles  
Macaroni and Cheese  
Breakfast Cereals  
Granola

**Household Items – (all high need)**

Bar Soap  
Laundry and Dish Detergent  
Toothpaste and Individual Toothbrushes  
Shaving Cream and Individual Razors  
Shampoo and Conditioner  
Toilet Paper  
Paper Towels  
Kleenex  
Deodorant

**Miscellaneous**

Condiments - dressings, ketchup, mustard, etc.  
Salt and Pepper; Various Spices  
Sugar / Flour / Baking Soda / Cake Mixes  
Snacks (granola bars, crackers, chips, etc.)  
Desserts / Jam & Jelly / Honey  
Gluten-free options  
Instant Coffee

**IMPORTANT TO NOTE:** *Because BCAP serves immunocompromised individuals, please make sure that no expired foods are donated. “**CHECK EXPIRATION DATES**” prior to donating. If items are marked to be sold prior to the current month and year, please do not donate them. We also cannot accept opened containers of food (fresh whole fruit and vegetables excluded).*

**THANK YOU VERY MUCH!**