FOOD BANK NEEDS:
This list will help you fill a grocery bag with items for BCAP and our foodbanks in Longmont and in Boulder. We are currently serving about 200 clients

**Non-Perishable Protein**
- Canned beans, all varieties
- Peanut Butter – Crunchy & Smooth
- Tuna
- Other canned fish, meat and chicken
- Canned Chili (veg and w/meat)
- Canned Soup (veg and w/meat)

**Non-Perishable Fruit and Veg**
- Tomato Sauce/Pasta Sauce
- Canned Fruit
- Canned Vegetables

**Grains and Cereals**
- Dry Rice
- Breakfast cereals
- Dry Pasta (spaghetti, fettucini, etc)

**Household Items – All high need**
- Bar Soap
- Laundry and Dish Detergent
- Toothpaste & Toothbrushes
- Shaving Cream & Razors
- Shampoo & Conditioner
- Toilet Paper
- Paper Towels
- Kleenex
- Deoderant

**Miscellaneous**
- Condiments (salad dressing, ketchup, mustard, etc.)
- Snacks (Crackers, Chips, etc.)
- Baking mixes for cookies/cakes
- Desserts
- Ziploc Bags (sandwich, quart, and gallon)

**IMPORTANT**: Because of the risk to people who are immune compromised, please make sure to check expiration dates on items.

THANK YOU VERY MUCH!