

Sikh Society of Michigan



Gleaners Community Food Bank of Southeastern Michigan



Donate Food Items

From Dec 22nd to Jan 13th

At Gurduara Sahib (Sterling Heights)

GOAL: 1000 lbs

SUGGESTED ITEMS TO DONATE

Below are some suggestions of nutritious canned and dry goods that Gleaners uses the most. Please no opened containers, homemade food or expired products, and avoid items in glass as they often break in transit.



Canned Soup



Canned Spaghetti or Pasta

Dry or Canned Beans (kidney, pinto, green, yellow, refried or black beans)

Fruit



Baby Food or Formula

Ensure or other nutritional supplement drinks



Rice

Noodles, Macaroni

Powdered Milk

Pancake or Baking Mixes



Cereal/Oatmeal (including single service sizes)

Granola Bars

Peanut Butter (in plastic jars)

Jelly (in plastic jars)



THESE ITEMS MUST BE IN A SEPARATE CONTAINER FROM FOOD GOODS

Personal Care Items

Diapers

Toothpaste and Toothbrushes

Soap

Shampoo

