



At Home Can Food Collection

DIY SERVICE PROJECT

Description

Help fight hunger in your neighborhood. 1 in 8 people in the bi-state region are in need of food assistance. Help stock the shelves of your local food pantry by collecting some of the most needed non-perishable items.

Supplies

According to the St.Louis Area Foodbank here are the best 35 items to collect and donate because they meet the nutritional and household needs of those in our community.

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|-----------------------------|-------------------------|
| Peanut butter | Boxed crackers |
| Canned tuna | Fruit snacks |
| Canned chicken | Canned veggies |
| Canned fruit | Bottled juice |
| Canned beans | Boxed juice |
| Bottled jelly | Canned chili |
| Canned soups | Mac and cheese |
| Canned ravioli | Instant mashed potatoes |
| Boxed/bagged rice products | Shampoo/conditioner |
| Boxed/bagged pasta products | Soap/lotion |
| Condiments/sauces | Tooth brushes |
| Boxed complete meals | Toothpaste |
| Hot cereal | Feminine products |
| Cold cereal | Baby body products |
| Powdered milk | Baby food and formula |
| Granola bars | Diapers |
| Breakfast/snack bar | Toilet tissue |

Additional Supplies

- Boxes
- Tape

Directions

1. Buy or find a box that is sturdy enough to be filled with the items. Ask a local store if they have a box you can use.
2. Search your home for some of the 35 best non-perishable items. Make sure all items are unopened and have not expired.
3. Put all items in the box.
3. If your box doesn't look full enough ask your family, friends or neighbors to donate items or go to the local store to buy more.
4. Close the box with packing tape
5. Deliver the box to a local food pantry

Remember all children need to get their parents permission before they start their food collection.



Donate

Wondering where to take your full box of food? Here are a few steps to take:

1. Browse www.stlvolunteer.org/organization for ideas or visit the St. Louis Area Foodbank website for their most up to date donation hours and location.
2. Call or email ahead to see if they have the capacity for donations
3. Drop it off!

Helping people.



United Way of Greater St. Louis