If you would like to make a donation or want more information, please contact Argenys Caba at acaba@adacil.org or 732-738-4388. Donations can be dropped off at 629 Amboy Ave (Suite 104), Edison, NJ 08837.

**FOOD ITEMS TO DONATE**

If you want to donate fresh and frozen fruits and vegetables or other perishable food items, please call the food pantry first to be sure they can accept them. Keep these items refrigerated or frozen to keep them safe.

<table>
<thead>
<tr>
<th>PROTEIN FOODS</th>
<th>GRAINS</th>
<th>DAIRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Meat, Poultry, Fish, Dry Beans, Nuts)</td>
<td>(Bread, Cereal, Rice, Pasta)</td>
<td>(Milk, Yogurt, Cheese)</td>
</tr>
<tr>
<td>Canned Tuna</td>
<td>Rice and Rice Mixes</td>
<td>Infant Formula</td>
</tr>
<tr>
<td>Canned Chicken</td>
<td>Canned Pastas</td>
<td>Nonfat Dry Milk</td>
</tr>
<tr>
<td>Canned Beef Stews</td>
<td>Noodle Mixes</td>
<td>Gallon Milk</td>
</tr>
<tr>
<td>Canned Salmon</td>
<td>Dry Noodles and Pastas</td>
<td>Evaporated Milk</td>
</tr>
<tr>
<td>Bean Soups</td>
<td>Macaroni and Cheese Mix</td>
<td>Instant Breakfast Drinks</td>
</tr>
<tr>
<td>Canned or Dried Beans</td>
<td>Cold Cereals</td>
<td>Shelf-Stable (UHT) Milk (Small Boxes)</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Bran Cereal</td>
<td>Canned and Boxed Pudding</td>
</tr>
<tr>
<td>Canned Chili</td>
<td>Shredded Wheat</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>Infant Cereal</td>
<td></td>
</tr>
<tr>
<td>Canned Nuts</td>
<td>Hot Cereal Mixes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oatmeal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bread, Muffin, and Pancake Mixes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whole-Grain Crackers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Granola Bars</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Graham Crackers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flour</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bread</td>
<td></td>
</tr>
</tbody>
</table>
### VEGETABLES
- Canned Vegetables
- Vegetable Soup
- Canned Tomato Products
- Spaghetti Sauce
- Baby-Food Vegetables
- V-8 Juice

### FRUITS
- Canned Fruit
- Raisins
- Applesauce
- Dried Fruits
- Baby-Food Fruit
- Fruit Leather (100% Fruit)
- Canned and Boxed 100% Juice

### OILS & CONDIMENTS
- Oil
- Salad Dressing
- Syrup
- Jelly and Jam
- Honey
- Sugar
- Mayonnaise

## NON-FOOD ITEMS TO DONATE
Certain non-food items may also be welcome. Call the food pantry first to see what they need.

### PAPER PRODUCTS
- Toilet Paper
- Paper Towels
- Napkins
- Tissues

### SOAP PRODUCTS
- Hand Soap
- Laundry and Dish Detergent
- Cleaning Products

### PERSONAL CARE PRODUCTS
- Shampoo
- Toothpaste
- Toothbrushes
- Shaving Cream
- Razors
- Deodorant
- Feminine Hygiene Products

### EXTRAS
- Tea
- Coffee
- Spices