

A Ton of Love

FOOD DRIVE

This is a list of items to donate. Consider donating food with pop-top lids for the clients who may have difficulty opening cans with a can opener. Though we have a goal of collecting 2,000 pounds of food, we encourage you to give the best food possible, but also realize you have a budget. If you can afford to donate organic items, great. If not, that's OK, too. Every donation makes a difference. They especially need:

CANNED ITEMS

Canned fish, such as salmon, tuna and sardines
Canned meats, such as chicken and turkey
Tomato Sauce
Tomato Paste
Diced Tomatoes
And any other tomato products
Canned fruits packed in water versus syrup
Canned veggies, low salt or no added salt

OTHER ITEMS

Canned or boxed low-sodium soups and stews
Dried or canned legumes, such as peas, lentils, peanuts and beans

GRAINS

Whole grains, such as quinoa and spelt
Rice (brown, wild)
Steel-cut or rolled oats
Whole grain dry cereals with at least 5 grams fiber/serving
Whole grain pastas, such as whole wheat, brown rice flour or quinoa
Fruits in natural juice with no sugar added

MISC.

Pureed foods, such as sweet potato, pumpkin and applesauce
Low-fat dry or shelf-stable milk
Jelly (Any flavor)
Nut butters, including peanut, almond, walnut
Syrup
Pancake mix

Items below are specific needs for the Surrey Hills Senior Living Center

FOOD

Snack bars (granola, nutrigrain, etc.)
Breakfast bars
Hamburger Helper type boxes
Mac N Cheese (Individual containers work best)
Coffee
Tea Bags
Juice

TOILETRIES

Toilet paper
Deodorant
Kleenex
Hand soaps
Body soap
Shampoo/conditioner
Unscented Lotion

You can financially donate at
gcsurreyhill.org/ATonOfLove
Or scan the QR Code

