

St Francis of Assisi is collecting food for Northwest Harvest please return this bag with nonperishable items for families in need (it is okay if you cannot "fill" it). Please return your bag on Friday, December 10th (Not before - please)



What types of food does Northwest Harvest need?

Northwest Harvest can use any nonperishable food or monetary donations. If you prefer to donate food, select shelf-stable food with the lowest saturated fats and refined carbohydrates (sugar, white flour). We buy white rice and beans in bulk, so we encourage you to donate other items. Here are some suggestions:

General food items:

- Oatmeal
- Whole grain pastas
- Brown rice
- Tomato products
- Canned vegetables
- Canned fruit, especially with low sugar (but not artificial sweeteners)
- Canned fish or meat
- Shelf-stable milk
- Beef stew, chili and similar meals with low sugar and saturated fats

Infant and baby foods:

- Baby formula
- Canned milk
- Infant cereal
- Jars of baby food
- Powdered or canned milk
- We also accept baby diapers

http://www.northwestharvest.org/Events/Food_Drives.htm#whattobuy