



Most needed food list...

(PLEASE **NO** GLASS – **CHECK** DATES – **NO** DENTS)

When in doubt, please, throw it out.

Unopened, professionally packaged and non-perishable:

healthy and nutritious (ie...low sodium, high fiber) foods are always appreciated

Peanut butter – plastic containers
Jams – Plastic containers
Canned meat and fish - chicken, tuna, salmon etc..
Hearty soups, chili, stews
Macaroni & cheese, boxed dinners
Coffee / Tea (instant & single servings)
Iced tea (and mixes)
Canned Fruits & Vegetables
Milk ,Evaporated ,Powdered, **Soy Milk**
Parmalat milk boxes (chocolate too!)
Hot Chocolate (instant packets)
100% canned or boxed juices (individual sizes too)
Gatorade (individual sizes too)
Infant formula, **Baby** food
Pediacare, **Toddler** food
Beans (kidney, pinto, navy, black, refried, etc.)

Sweets...everyone loves a treat!
Breakfast cereal bars
Granola Bars
Snack Bars
Pretzels – individual sizes
Dried fruits
Nuts
Pasta and Rice (brown pasta/rice)
Healthy cereals (low sugar & fat, individual serving size too!)
Oatmeal and hot cereals
Flour, baking mixes
Spices
Canned Sauces
Condiments; ketchup, mustard, etc
Applesauce, Puddings & Custards
Baking mixes, Muffin and Roll mixes
Personal Items (soaps, shampoos, toothbrushes, toothpaste, razors, creams and lotions, deodorant, diapers and wipes)

Still not sure what to donate?

If you love it, others will love it too!

Cash donations are always appreciated and accepted.

rock CAN roll, Inc™ is a volunteer, 501c3, non-profit, hunger relief organization and think tank whose mission is to be a source that continually restock the shelves of emergency food agencies. rock CAN roll™ collaborates with rock concerts, schools, corporations, and private individuals to collect canned and non-perishable food (and basic provisions) for distribution to local agencies and into the hands of children, seniors and families who live with hunger and poverty. The rock CAN roll™ organization is always looking for new collaborators, volunteers, supporters and friends to help in this quest to beat hunger and poverty.

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