

Springfield

FOOD DONATION

Neighbors Helping Neighbors

A STRONGER COMMUNITY TOGETHER



Dear Friends,

Thanks to all who are helping with food for our Springfield neighbors! Here is the latest list of needed foods, including suggested sizes. You'll see sizes are relatively small because it all has to fit in a banker box which is going to be stacked, and then carried by volunteers to those in need. Sometimes deliveries involve multiple flights of steps, so boxes need to be **25 lb max. NO GLASS** containers please, for safety reasons.

We can bring these groceries in bags and we'll collect and box them for delivery to St. Vincent de Paul for distribution to multiple Springfield food pantries and churches who will then get them to those in need.

Again, many thanks for considering participation in this humanitarian effort!



**KEEP
SIZES SMALL**
(to fit in a banker box)



**BOXES MUST BE
25 LB MAX**
(may involve
multiple flights
of steps)



**NO GLASS
CONTAINERS
PLEASE**
(for safety reasons)

FOOD ITEMS NEEDED

- | | |
|---|--|
| ☐ 1 small box cereal (9 oz) | ☐ 1 jar peanut butter (16 oz) |
| ☐ 1 box spaghetti (1 lb) | ☐ 1 can chicken (6-8 oz) |
| ☐ 1 can spaghetti sauce
(Hunts is canned) | ☐ 2 small cans of tuna (5 oz each) |
| ☐ 1 can Ravioli (15 oz) | ☐ 1 bag of beans (1 lb) |
| ☐ 1 box Mac and Cheese (8 oz) | ☐ 1 bag rice (1-2 lbs) |
| ☐ 2 servings Ramen Noodles | ☐ 2 bags lentils (1 lb each) |
| ☐ 1 can corn (16 oz) | ☐ 1 small plastic jar applesauce |
| ☐ 1 can green beans (16 oz) | ☐ 1 quart shelf stable milk*
(baking aisle - ex. Parmalat) |
| ☐ 1 can potatoes or sweet potatoes (16 oz) | ☐ 1-2 rolls toilet paper |
| ☐ 1 can peas (16 oz) | ☐ 1 can tomatoes (16 oz) |
| ☐ 1 can peaches (16 oz) | |

Small Items.
Big Impact. 



THANK YOU FOR YOUR GENEROSITY!

TOGETHER WE CAN MAKE A DIFFERENCE IN SPRINGFIELD.