



Drive-Up Food Donations

Support your Neighbors with Contactless Food Drive

No glass, please!

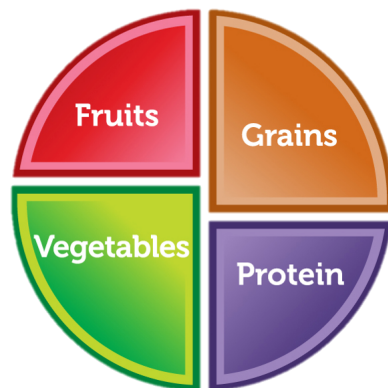
Shelf-stable milk
Soy, Almond, or Rice milk
Powdered milk
Baby Formula

Cereal and oatmeal
Whole grain bread, pasta, or tortillas
Rice: brown, instant or cakes
Whole grain crackers
Whole grain flour
Corn tortillas

Dried fruit
Fruit pouches
100% Fruit Juice
Unsweetened applesauce
Canned fruit in water, light syrup or 100% juice

100% Vegetable Juice
Low sodium canned soups and vegetables
Spaghetti sauce, Dried or dehydrated veggies,

Trail Mix
Low sodium canned beans
Dried beans, peas, or lentils
Nuts, unsalted or lightly salted
Canned tuna, chicken, or salmon in water
Nut butters: peanut, almond, cashew



ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. University of Illinois | United States Department of Agriculture Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. Illinois Extension: <https://go.illinois.edu/EatMoveSave>.



Food Pantry Network - HOI

CULTIVATING CONNECTIONS-ALLEVIATING HUNGER-IMPROVING HEALTH

Seasonings

Pepper	Vanilla
Chili powder	Nutmeg
Garlic powder	Cinnamon
Onion powder	Ground ginger
Italian seasoning	Pumpkin pie spice
Dried herbs	Low sodium broth
Dill weed	Brown or white sugar
Vinegar	

Basic Necessities

Toilet paper
Soap, lotion, deodorant
Shampoo, conditioner, hair spray
Toothpaste, toothbrush, floss
Feminine hygiene products
Laundry detergent, dryer sheets
Diapers, baby wipes
Can openers

How?

Drive up to the front of Sophia's Kitchen (located next to St Joseph Church). Volunteers will be there to come out and unload your donation. If you have any questions please contact-Claire at 309.655.1578 OR soupkitchen2010@gmail.com

Drop Off Details

When?

September 23, 2020
from 8am - 6pm

Where?

103 S Richard Pryor Place
Peoria, IL 61605