

Arlington Community Food Bank

Donation Shopping Checklist

Every donation counts! Use this checklist to help guide your donations and ensure we can provide a well-balanced supply to those in need.

- All donations must have current best buy dates.
- No #10 cans or large bulk items, home canned goods, or partially opened products.

- **Canned & Shelf-Stable Foods**
 - Canned beans (pinto, refried, baked, black beans, kidney beans, etc.)
 - Canned vegetables (corn, peas, green beans)
 - Canned fruits (peaches, pears, mandarin oranges, fruit cocktail, pineapple, applesauce)
 - Canned soups
 - Canned meats (chicken, tuna, spam, and salmon)
 - Canned chili, manwich, or pasta meals
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- **Grains & Pasta**
 - Rice (white, brown)
 - Pasta (spaghetti, macaroni, etc.)
 - Instant oatmeal or breakfast cereals
 - Tortillas
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- **Dairy & Dairy Alternatives**
 - Shelf-stable milk
 - Canned evaporated milk
 - Shelf-stable plant-based milks (almond, soy, oat)

- Cheese (boxed or vacuum-sealed)
- **Proteins**
 - Peanut butter (smooth or chunky)
 - Canned tuna, chicken, or salmon
 - Nuts and seeds (almonds, peanuts, sunflower seeds)
 - Nutrition bars
 - Granola bars
- **Fresh Produce (Farm Fresh)**
 - Apples, oranges, lemons, limes, peaches, pears, plums, grapes
 - Carrots, potatoes, onions, celery, bell peppers, zucchini
 - Lettuce, spinach, cucumbers, tomatoes, squash, pumpkins, pepper varieties
 - Herbs, beets, kale, spring mix, radishes, etc.
- **KidSmart**
 - Juice Boxes
 - Granola Bars
 - Fruit Cups
 - Applesauce Pouches
 - Fruit Snacks
 - Cereal Boxes (Ind)
 - Bel-Vita Breakfast Bars
 - Instant Oatmeal
 - 8oz Self-Stable White/Choc Milk
 - M&C (Ind)
 - Cup o' Noodle

- Top Ramen
- Rice o' Roni (Ind)
- Pop-Top Campbell's Chicken Noodle Soup - 7.5 or 10oz can

- **Staples & Household Items**
 - Jam, Jelly or Honey
 - Baking mixes
 - Cooking oil
 - Salt, pepper, spices
 - Sugar or flour
 - Baby food/formula (if applicable)
 - Shampoo/Body Wash
 - Dish soap/Laundry soap
 - Toilet paper, cleaning supplies

Donations are accepted at the rear of our warehouse, entrance at our north driveway.

19118 63rd Avenue NE
Arlington WA, 98223

- Mondays-Fridays 9am-12pm
- Monday & Wednesday evenings 4pm-6pm

Please, no after-hours donations.