

Donations for Harvesters- Through Feb. 23

Food

Canned vegetables (low sodium)
Canned fruits in 100% juice
Dried fruit (no added sugar preferred)
Canned chicken, tuna, salmon (packed in water)
Brown rice
Whole grain pasta
Dried beans or canned low sodium beans
Peanut, almond, or sun butter
Canned soup (chicken, tomato or vegetable)
Cereal – hot and cold (whole grain, low sugar preferred)

Household Products

Soap
Deodorant
Shampoo
Toilet Paper



Monticello United Methodist Church
www.monticello-umc.org