

Sponsored by the Palisades High School National Honor Society



March Food Drive

For the Saint John Lord's Pantry and the Quakertown Food Pantry

Please do NOT donate goods more than one year after their sell by date

Food	Canned Fish & Meats, Shelf-stable Complete Meals, Canned Fruit, Canned Vegetables, Egg Noodles, Jelly, Mash Potatoes, Milk (Shelf Stable), Peanut Butter, Soups, Cereals, Sugar, Maple Syrup, Artificial Sweetener, Flour, Cake Mixes, Cake Icing, Oil (canola, olive, etc.), Vinegar
Condiments	Mustard, Ketchup, Mayonnaise, Pickles, Olives, Salad Dressing, Salt, Pepper, Spices
Beverages	Ground Coffee, Tea, Juices (Bottle or Box), Powdered Milk
Bath and Laundry	Laundry Detergent, Dish Soap, Dishwasher Soap, Sponges, Brillo Pads, Tissues
Personal Care	Depends, Feminine Pads, Tampons, Combs/Brushes, Hand Cream, Shampoo, Deodorant, Hand Soap, Tooth Paste, Tooth Brushes
First Aid	Band-Aids, Gauze Pads and Tape, Antiseptic Cream