

Amicable Cares - *Kindness Cabinet*

Share what you can. Take what you need.

Donation Guidelines

This ministry focuses on neighbors helping neighbors. We will provide non-perishable items that meet immediate needs. ***The food items will require no refrigeration, shelf stable, and nutritious.***

When shopping for yourself, think about picking up a few items for the Cabinet. Next time you visit the church, place the items in the Cabinet. The Cabinet will be open to receive or share items at any time of day.

To ensure freshness, please check items and only donate those that are before their expiration date. Pull-tab cans are convenient but not required. ***No glass bottles or containers.***

Food items

- ❖ **Proteins:** canned chicken, tuna, salmon, SPAM, ham, stews, soups, chili, canned or dried beans such as black, pinto, kidney, chickpeas, etc. (canned or dry). Peanut or other nut butters, sunflower or vegetable butters.
- ❖ **Grains:** Whole wheat pasta (any shape), rice (brown or white), and quinoa. Quick oatmeal, low-sugar whole grain cereals, pancake mix, tortillas.
- ❖ **Fruits & Veggies:** Canned fruits (in juice or water), canned vegetables (no added salt), diced or stewed tomatoes, applesauce, dried fruit.
- ❖ **Meals in a Box:** Mac and cheese, Hamburger Helper meals, soups and stews, pasta kits, etc.
- ❖ **Beverages:** Tea bags, instant coffee packets, juice boxes, and instant non-fat dry milk.
- ❖ **Snacks:** Packaged granola bars, breakfast bars, nuts, trail mix, fruit pouches, whole grain crackers, and jelly.

Hygiene & Household Items

- ❖ Toilet paper, soap, shampoo, conditioner, toothpaste, and toothbrushes.
- ❖ Feminine hygiene products, baby diapers, wipes.
- ❖ Laundry detergent, dish soap, paper towels.

What not to donate

- ❖ *Items needing refrigeration*
- ❖ *Items with past expiration dates*
- ❖ *Leftovers or anything made in personal kitchens*
- ❖ *Foods with packaging concerns. This includes food with damaged packaging, such as dented or bloated cans, open packaging, or items in glass containers.*
- ❖ *Bakery goods, since it can't be confirmed how they were made or what the ingredients are.*

***Thank you for sharing through the Kindness Cabinet
and reducing hunger among our neighbors***