



**VEAP**

## Most-needed items

Fall/Winter 2023 list

VEAP, the Twin Cities' largest food pantry, needs your help! We're accepting donations at Door 4 behind our building Monday - Friday 9 a.m. - 4:30 p.m. of the following:

- Whole grain rice (1-2 pound bags)
- Whole grain pasta
- Hearty soups (high protein, low sodium)
- Whole grain cereal
- Canned proteins (meat and beans)
- Canned fruit and vegetables
- Laundry detergent
- Toilet paper
- Paper towels
- Diapers and baby wipes
- Cooking oil
- Baking essentials (flour, sugar, spices, baking soda/powder)
- Dish soap
- Personal care items (shampoo, toothpaste, hand soap, shaving cream, toiletries, etc.)
- Gluten-free products
- Birthday party items (cake mix, frosting, etc.)

More details at [veap.org/most-needed-items](https://veap.org/most-needed-items)