



healthy donations

URBAN MINISTRIES OF
WAKE COUNTY

PRODUCE

Accepted with advance notice. Please call 919.256.2170

SAUCES & SPREADS

spaghetti, sloppy joe, tomato, jelly

DRY GOODS

Pasta, Brown rice, cereal, cereal bars, oatmeal packs, grit packs, powdered milk, dried beans

CANNED GOODS

Beans, fruit, applesauce, tuna and chicken (in water), vegetables, tomato sauce, and soups

BEVERAGES

100% fruit or vegetable drinks; jugs or individual

PREFERRED ITEMS

Low sodium, low sugar, whole wheat, low fat