



Marysville Community Food Bank

Where hunger ends, hope begins

Most Needed Items

FOOD ITEMS



Staples & Grains

- Rice (white, brown)
- Pasta (whole grain, regular)
- Rolled oats and cereal
- Shelf-stable tortillas or crackers

Pre-Packaged Side Dishes

- Instant mashed potatoes
- Boxed stuffing mix
- Pre-seasoned rice packets (Spanish rice, jasmine rice)
- Pasta sides (alfredo, garlic butter)
- Lentil or grain-based side dishes

Snacks

- Granola bars or protein bars
- Unsalted nuts and seeds
- Pudding or fruit cups

Soups & Ready-to-Eat Meals

- Canned soups (including low-sodium options)
- Canned chili (with or without meat)
- Canned pasta meals (ravioli, spaghetti in sauce)
- Instant noodles or boxed mac & cheese

Proteins

- Canned tuna, salmon, or chicken
- Canned beans (black beans, chickpeas, kidney beans)
- Peanut butter or other nut butters

Vegetables & Fruits

- Canned vegetables (corn, green beans, mixed vegetables)
- Canned fruit in juice (peaches, pears, pineapple)
- Applesauce (unsweetened)
- Dried fruits (raisins, apricots)

Dairy & Alternatives

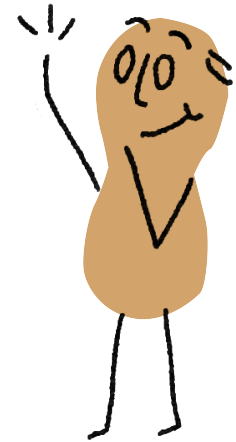
- Shelf-stable milk (dairy, almond, soy)
- Powdered milk or evaporated milk

Staples & Meal Bases

- Canned diced tomatoes
- Canned tomato sauce & paste
- Olive or canola oil for cooking

Culturally Inclusive Options

- Curry pastes or spice blends
- Instant masa harina (for tortillas)
- Shelf-stable coconut milk



NON-FOOD ITEMS



Diapers (Size 5 & 6)

Baby Wipes

Baby Food and Formula

Laundry or Dish Detergent

Feminine Hygiene Products

Adult Briefs (Med-Large, Men's)

Toilet Paper



DONATE

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