



Below is a general list of food items we can accept. Metal cans are preferable. Whenever possible, **choose plastic containers rather than glass.** The Health Department requires that all cans have labels. All packages are factory sealed and that no severely dented or rusted cans be distributed. Additionally, we cannot take any home-canned or home-packaged foods. Baby and adult formulas must be within code date for distribution.

For more information, please call 310-264-6646 x 235. Thank You!

Fats, Oils and Sweets

Sugar, syrup, jelly/preserves, Parmesan and Romano cheeses, vegetable oils, mayonnaise and salad dressings

Milk Group

Milk — dried, evaporated and boxed (such as Parmalat)

Meat Group

Beef stew, bean soup, baked beans, nuts, peanut butter, beans and peas (dried or canned), chili, tuna, chicken and salmon (canned)

Vegetable Group

Tomato sauce, tomato paste, spaghetti sauce, yams (canned), vegetables (canned), tomato juice

Fruit Group

Raisins and other dried fruit, applesauce, fruit cocktail, 100% fruit juices, peaches, pineapple and pears (canned)

Grain Group

Pancake mix, crackers, oatmeal, cream of wheat, ready-to-eat cereal, biscuit mix, graham crackers, whole-grain breads, macaroni and cheese, all types of rice, all types of pasta and grits