

Help!
I'm Hungry



Help Feed Your Hungry Neighbors DONATE IN MARCH!

(Increase the value of your donation through Minnesota FoodShare)

Non-Perishable Food:

Boxed Dinners
Canned Meat
Canned Fruit
Canned Pasta Meals
Instant Potatoes
Pastas/Rice
Spaghetti Sauce
Macaroni & Cheese
Soup / Stew / Chili
Fruit Juice / Juicemakers
Peanut Butter / Jelly
Pancake Mix / Syrup
Cereal
Crackers
Dessert Mix / Frosting
Corn Flour / Masa Harina

Dried Beans – Pinto or Black
Fish Sauce
Baby Formula
Baby Cereal / Jar Food

Other Items Needed:

Diapers / Wipes
Laundry / Dish / Bar Soap
Toilet Paper
Shampoo
Toothpaste
Deodorant
Personal Hygiene Products
Household Cleaning Products

CEAP CARES!

Community Emergency Assistance Program, Inc.
1201 89th Ave., NE, Suite 130 - Blaine, MN 55434 -- 763-783-4930
6840 78th Avenue N, - Brooklyn Park, MN 55445 – 763-566-9600
Website: www.ceap.org

Non-Perishable Food and monetary donations are accepted year round at either office
Monday-Friday 8:00 am to 4:30 pm. Call if you have further questions.