

# Nourish

## Meals on Wheels

## Help Fill Our Food Pantry

Once a month Nourish delivers nonperishable, easily prepared grocery items to our clients with the most need. This is a supplement to our daily hot, nutritious meals program.

This program is provided at no cost to our clients thanks to community donations.

### You can help by donating any of the following easily prepared nonperishable items:

- Easily prepared side dish packets
- Sides of noodles and rice in sauce
- Rice a roni and pasta roni
- Tuna and Hamburger Helpers
- Tomato based pasta sauce (24oz.)
- Spaghetti noodles (16 oz.)
- Peanut butter (16 oz.)
- Jelly (16 oz.) (no squeeze bottles)
- Canned stew/Hormel Compleats
- Instant potatoes and rice
- Microwavable popcorn
- Hot chocolate or apple cider packets
- Breakfast Bars
- Canned tuna and chicken
- Canned fruit
- Canned corn, green beans, carrots
- Individual instant oatmeal packets
- Non-sugared cereal
- Hearty soups (not broth or cream of...)
- Macaroni and cheese (no cups)
- Just add water/milk pancake mixes
- Snack crackers
- Cookie, chip, and nut variety packs
- Toilet paper and tissues (cube boxes)

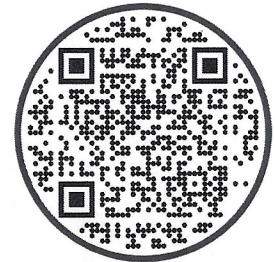
### All nonperishable food items are appreciated. However, please avoid:

- Items that are past their expiration date
- Family sized items. Most of our clients are preparing meals for only one or two people.
- High sodium foods such as ramen noodles and canned spaghetti and ravioli
- Canned beans other than green beans and baked beans
- Cake, cookie, and brownie mixes



**Donate Online**

**Donations can be delivered to:**  
92 E Arapahoe Rd, Littleton, CO 80122  
Monday-Friday between 8:00 am-2:00 pm.  
NourishMealsOnWheels.org ♦ 303-798-7642.



**Amazon Wishlist**

**Thank you for your support!**