

most needed food pantry items

You can help us provide healthy options in our pantry by donating food, or personal care items (listed below) or by making a financial donation.

food

- Canned Vegetables (low sodium or no salt added)
- Pasta Sauces (low sodium)
- Canned Fruits (low sugar or no sugar added)
- Cereal (low sugar, whole grain)
- Brown Rice
- Pasta
- Dried unsalted nuts & seeds
- Alternative milk
- Low Sugar Granola Bars
- Olive or Canola Oil
- Peanut Butter
- Salad Dressing
- Oatmeal

We cannot accept cookies, baked goods, candy, chips, soft drinks, dented cans, or unlabeled cans.

personal care

- Feminine Hygiene
- Laundry Soap
- Dryer Sheets
- Dish soap
- Sponges
- Shampoo
- Conditioner
- Body Wash
- Hand Soap
- Deodorant
- Disposable razors
- Tooth Paste
- Denture Cleaner
- Band Aids
- Cleaning solutions
- Paper Towel

Donations can be dropped off at Flat River Outreach Ministries:

11535 Fulton Street E
Lowell, MI 49331

Financial gifts help us purchase fresh, local, and seasonal foods in bulk which helps every dollar go further

