



## A recent viral post from a food bank volunteer, sharing their wisdom...

"So, I spoke to people getting food at a food bank and here are some things I learned from those in need:

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the awesome canned veggies and soup unless you put a can opener in too or buy pop tops.
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat.
12. Tuna and crackers make a good lunch.
13. Hamburger Helper goes nowhere without ground beef.
14. They get lots of peanut butter and jelly but usually not sandwich bread.
15. Butter or margarine is nice too.
16. Eggs are a real commodity.
17. Cake mix and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is very expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.
21. Diapers
22. Wipes
23. Buns
24. Baked goods
25. Potatoes
26. Nuts
27. Seeds for eating or cooking
28. Raisins
29. Dishwashing pods
30. Rags and cleaning supplies
31. Pet food
32. Pet supplies

In all the years I have donated food at the Holidays, I bought what I thought they wanted, but have never asked. I am glad I did. If you are helping a Family this Christmas, maybe this can help you tailor it more. It does for me!"