



VEAP

Most-needed items

Summer List

VEAP, the Twin Cities' largest food pantry, needs your help!

- Whole grain rice (1-2 pound bags)
- Whole grain pasta
- Hearty soups (high protein, low sodium)
- Whole grain cereal
- Canned proteins (meat and beans)
- Canned fruit and vegetables
- Laundry detergent
- Toilet paper
- Paper towels
- Diapers (size 5-7) and baby wipes
- Cooking oil
- Baking essentials (flour, sugar, spices, baking soda/powder)
- Dish soap
- Personal care items (shampoo, toothpaste, hand soap, shaving cream, toiletries, etc.)
- Gluten-free products
- Birthday party items (cake mix, frosting, etc.)

More details at veap.org/most-needed-items