



UPPER VALLEY MEND

MEETING EACH NEED WITH DIGNITY

DROP OFF LOCATION & HOURS

Community Cupboard (**come inside!**)

219 14th St, Leavenworth, WA

Monday - Saturday

11:00 AM to 5:00 PM



THE COMMUNITY
CUPBOARD SERVES

800-900

INDIVIDUALS MONTHLY.

FOOD ITEMS NEEDED

- Cereal (*with first ingredient whole grain*)
- Oatmeal
- Eggs
- Cheese
- Butter
- Milk & Yogurt
- Soups*
- Canned Tomatoes* (*canned, stewed, sauce, etc.*)
- Meats
- Canned Meats* (tuna, chicken, etc.)
- Peanut Butter
- Cooking Oil
- Fresh Fruit & Vegetables
- Pasta
- Rice
- Canned Fruit*
- 100% Fruit Juice
- Masa Flour
- All Purpose Flour
- Whole Wheat Flour
- Potatoes
- Onions
- Chili*
- Canned Beans*
- Canned Vegetables*
- Dry Beans
- Mac & Cheese
- Prepared Dinners
- Spices & Dried Herbs
- Tortillas (*flour & corn*)
- Bread
- Coffee (*ground & instant*)

***low sodium or low sugar**

NON-FOOD ITEMS NEEDED

- Soap
- Deodorant
- Toothpaste
- Toothbrushes
- Shampoo
- Conditioner
- Diapers (*size 4-6*)
- Toilet Paper
- Feminine Hygiene Products
- Laundry Soap
- Pet Food

HOLIDAY FOOD ITEMS

October-December

- **Turkeys**
- **Chickens**
- **Hams**
- **Pies**
- Carrots
- Celery
- Onions
- Potatoes
- Butter
- Rolls
- Stuffing
- Canned Olives*
- Canned Green Beans*
- Canned Corn*
- Canned Pumpkin*
- Canned Hominy*
- Canned Cranberry* Sauce
- Gravy Mix
- Cream of Mushroom Soup*
- Vegetable Broth*
- Chicken Broth*

***low sodium or low sugar**