

# Fill YOUR CART

## SUGGESTED FOOD ITEMS:

Cereal  
Pancake Mix  
Instant Oatmeal  
Peanut Butter & Jelly  
Rice  
Spaghetti  
Mac & Cheese  
Canned Meat  
Canned Soup  
Canned Fruit  
Cooking Oil  
Shelf-Stable Milk  
100% Fruit Juice



Drop donations off at LARS  
during business hours:

M/W/F 9am - 2pm &  
M Evenings 5pm - 7:30pm

### HAVE QUESTIONS?

Contact Angelica Christian  
at extension 32 or  
[achristian@laureladvocacy.org](mailto:achristian@laureladvocacy.org)