



FAMILY RESOURCES INC.

SERVING FAMILIES SINCE 1849

*Family Resources strengthens children, families and individuals
by providing quality services that engage community to create effective solutions.*

Domestic Violence Shelter Needs List

Below is a list of non-perishable items that the Domestic Violence Shelter can always use.

Gas Cards, Hy-Vee, & Wal-Mart Gift Cards

Boxed meals

- Hamburger/Tuna Helper
- Other complete meals

Pasta

- Lasagna/spaghetti noodles
- Mac n' Cheese

Rice

- Flavored packaged rice
- White rice

Canned items

- Beans
 - Pork n' beans, baked beans, refried beans, chili beans
- Vegetables
 - Green beans, corn, potatoes, carrots
- Fruit
 - Peaches, pears, mixed fruit
- Canned Meats & Sauces
 - Ravioli, Spaghetti O's
- Soups
 - Chicken Noodle, Vegetable, Beef, Tomato

Cereal

- Cinnamon Toast Crunch, Lucky Charms, Kix, Cheerios

Juice

- Any kind of packaged fruit juice boxes

Snack food

- Granola bars
- Packaged snack crackers with cheese or peanut butter
- Fruit snacks
- Microwave popcorn

Misc. food items

- Ramen Noodles
- Peanut butter and jelly
- Pancake mix
- Syrup
- Packaged mashed potato mix

Other non-food items we need

- African American hair products
- Sanitizing wipes for cleaning
- Paper plates
- Disposable drinking cups
- Disposable spoons, forks, & knives
- Microwaves, other small kitchen appliances
- Can openers
- Crock pots
- Pots and Pans
- Complete dish sets
- Silverware sets
- Sunscreen for Kids Summer Program

**If you would like to make a donation please contact our office:
563-468-2275 for Lindsay or 563-468-2284 for Kelle.**

www.famres.org