

# hopelink

Helping people. Changing lives.

Did you know Hopelink can leverage its food buying power up to 10x with a gift of cash?

## A CASH DONATION MAKES THE BIGGEST IMPACT

Cash donations allow Hopelink to purchase fresh produce, milk, dairy, eggs and other food items in critical need.

- A gift of...* **\$20** provides **nutritious lunches** for 16 children  
**\$30** provides six **complete meals** for a family of four  
**\$50** provides **fresh fruit** for about 100 working families during one food bank  
**\$250** provides nutritious meals for a child for the **entire summer**  
**\$500** provides **meals** and 5 nights of emergency shelter for a **family of four**

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### SUGGESTED FOOD ITEMS

#### DRIED FOODS

- \*Rice
- Spice mixes (chili, spaghetti, Sloppy Joe's)
- Pancake mix, Bisquick, muffin mix, breakfast cereal, oatmeal, Cream of Wheat
- Instant pudding mix
- Instant foods (noodle-roni, rice-a-roni, mac & cheese, hamburger helper)
- \*Pasta – (all varieties)
- Sugar – 5 to 10 lb. containers (No bulk size)
- Flour – 5 to 10 lb. containers (No bulk size)
- Vegetable Oil – up to 48 oz. containers

#### BABY ITEMS

- Baby food (jars & cereal)
- Infant formula (Dry & Liquid)–Enfamil, Good Start.
- Diapers (M-L-XL)

#### DAIRY PRODUCTS

- Evaporated milk
- Powdered milk
- Soy milk/Substitute milk products

- These items are needed most.
- \* These items are used most often.

#### PROTEIN GROUP

- \*Canned fish (tuna, salmon, sardines)
- \*Canned meat/complete meals (SPAM, ham, beef stew, chicken)
- Dry Beans: Pinto beans, Red beans, black beans, & split peas
- Canned nuts (peanuts, cashews, sunflower seeds)
- \*Peanut Butter

#### FRUIT & VEGATABLES

- Canned spaghetti sauce/tomatoes
- \*●Canned fruit
- \*Canned vegetables
- Canned juices (non-soda)
- Canned soups
- Freeze dried fruits (apricots, prunes, raisins)

#### HOUSEHOLD ITEMS

- Toothpaste/toothbrushes
- Toilet paper/tissue
- Shampoo/soap
- Deodorant
- Feminine hygiene products

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Hopelink's mission is to promote self sufficiency for all members of our community; we help people make lasting change.