

GOOCHLAND CARES

Free Clinic and Family Services

Your Food Pantry donations are greatly appreciated.

CANNED ITEMS

Canned Meat: chicken, pork, beef
Soups and Stews
Beans
Vegetables
Fruit and fruit cocktail
Canned Milk
Peanut Butter
Jams and Jelly
Nuts and Seeds

DRINKS

Coffee
Tea
Juice
Milk

DRY GOODS AND COOKING STAPLES

Spaghetti and Pasta
Macaroni and Cheese
Rice
Beans
Flour
Sugar
Grits
Cornmeal
Biscuit Mix
Muffin Mix
Cornbread Mix
Sauce and Gravy Mixes
Stuffing Mix
Assorted Cereals (hot and cold)
Crackers

Family and individual sized portions
are preferred for distribution
to our clients and their families.

PERISHABLE ITEMS

Fresh eggs
Fruit
Veggies, Veggies, Veggies
Bread items
Frozen Meats

HOUSEHOLD/HYGIENE ITEMS

Cleaning Supplies
Laundry Detergent
Bleach
Liquid Dish Soap
Bath Soap
Deodorant
Shampoo and Conditioner
Toothbrushes
Toothpaste
Mouthwash
Band-Aids
Paper Towels
Toilet Paper
General Cosmetics
Disposable Diapers – child and adult
Feminine Hygiene products

DONATIONS ACCEPTED:
MONDAY, WEDNESDAY, THURSDAY
9AM—3:30PM
TUESDAY 9AM—6:30PM
FRIDAY 9AM—2:30PM
SATURDAY and SUNDAY
drop off at back door

Location:
2999 River Road West
Goochland, VA 23063
804-556-6260