



FOOD DRIVE

1 in 5 people in Minnesota face food insecurity.

In 2025, 2235 families utilized the food shelf at CAER, a 45% increase from 2021.

caerfoodshelf.org

Food Donation Ideas:

These items are hard to find through our food bank, and especially helpful when donated.

- Baking supplies (flour, oil, sugar)
- Baking mixes
- Cooking supplies (broth, spices)
- Canned salmon, chicken, and tuna
- Chunky soups
- Rice and pasta sides
- Salad dressings
- Coffee and tea
- Allergen friendly foods
Gluten, nut, and dairy free items

Hygiene Items:

- Toothpaste
- Body wash, shampoo
- Shampoo
- Menstrual products
- Size 4 and larger diapers
- Pull ups
- Baby wipes
- Baby formula and food

Cash donations have extra power!
\$1 = 3 meals

