

KEYSTONE VS. HUNGER

MOST NEEDED ITEMS

HELPFUL TIPS | DONATED ITEMS SHOULD BE:

1. Able to be easily opened without mechanical device
2. Able to be eaten straight away or by adding hot water
3. Non-perishable or shelf life longer than six months
4. In individual sized containers
5. New and unsealed.

The pantry coordinator tells us that the following items are ALWAYS in hot demand:

Fruit or Pudding Cups	Chef Boyardee (pop top cans)
Fruit Rollup or Fruit Snacks	Non-Perishable Individual
Crackers with Cheese or Peanut Butter	Ready to Heat/Eat Meals
Trail Mix	Single Serving Nuts
Pop Tarts	Single Serving Peanut Butter
Individual Serving Cereal	Carnation Instant Breakfast
Nutrigrain, Cereal, Protein or Granola Bars	Juice Boxes, Capri Suns, Bottled Water
Individual Instant Mac & Cheese Cups	Ready to Eat Tuna/Cracker Combinations
Instant Soups, Cup-A-Noodles	Hot Chocolate Packet (just add water)

Remember what high school was like?

Please consider these personal care items (travel size is ideal!):

Deodorant	Body Soap	Laundry Soap	Shaving Cream
Shampoo	Hair Products	Toilet Paper	Chapstick
Dry Shampoo	Sanitary or Feminine	Hairbrushes	
Conditioner	Hygiene Products	Lotion	

We've got toothpaste, toothbrushes and floss covered!

ALSO MUCH NEEDED & APPRECIATED THIS TIME OF YEAR:

SOCKS  HATS  GLOVES 

Stop by to donate, or bring items to your appointment.



KEYSTONE
Dental Arts

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KEYSTONEDENTALARTS.COM/ABOUT-US/KEYSTONE-CARES

RAIDER STATION STUDENT PANTRY