current needs >>> the Community Monetary Donations; Checks may be made

payable to the Community Pantry

The Community Pantry cannot accept expired food items, so please check the expiration dates before you drop off items.

BOLD ITEMS ARE MOST NEEDED!

- Toilet paper
- Paper towels
- **Canned Fruit**
- **Canned Meat**
 - Chicken
 - Tuna
 - Ham
- Non-Sugar Cereal (Chex, Cheerios, Wheaties)
- Applesauce / Mixed Fruit (cans or jars)
- Peanut Butter (15 oz.)
- Tissues
- Hand soap (7 oz. pumps)
- Laundry (50 oz.)
- Dish detergent (25 oz.)
- Shampoo (18-30 oz.)
- Shaving cream
- Razors (Disposable)
- Deodorant (Standard Size)
- Feminine hygiene products
- Bar Soap (3 pack)
- Vegetables (14-15 0z)
 - Peas
 - Corn
 - Green Beans
- Soup (basic soups, small cans)
 - Including cream soups
- Macaroni or Spaghetti noodles (9-12 oz.)
- Spaghetti sauce
- **Baked Beans**
- Minute/Quick Rice
- Tuna/Hamburger Helper
- Instant Oatmeal/ Quick Oats
- Mac and Cheese
- **Pudding Cups**

The Community Pantry ("The Pantry") envisions a community in which every individual has access to sufficient food and other items necessary for daily living. "The Pantry" will respond to changing needs of the community as necessary to achieve this vision. "The Pantry" is committed to providing all services in a confidential, respectful, non-judgmental, and welcoming manner.

Considering visiting "The Pantry"?

"The Pantry" services are available to anyone in the Southeast Valley/Prairie Valley School district who could use a little help with their grocery bill. If you would like to receive services, please contact the Gowrie Public Library 515-352-3315 or simply come to "The Pantry" located in the Gowrie Civic/Community Center, next to the library, during distribution times. A volunteer will be happy to explain the process to you.

Distributions:

The Third Thursday and Saturday of the month; 8 a.m.—10 a.m.

Want to help?

"The Pantry" functions solely through the support of dedicated volunteers and through community contributions, so your willingness to help is greatly appreciated! If you would like to volunteer, please contact the Gowrie Public Library 515-352-3315 to schedule a time to complete training and paperwork (the time commitment for this training is minimal). If you would like to contribute, we happily accept monetary donations. If you would like to donate products, please select items from our list of current needs (list to the left).

Contributions:

Weekdays 8 a.m.—10 a.m.

Weekends:

Sundays at either of the Gowrie Churches

Local Postal Customer

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Holiday Meal Boxes Available Sign uptoday...

As we look ahead to the holiday season, we are mindful that that this time of year can cause added financial stress for many. We at the Community Pantry want to help to alleviate some of that stress so that you can better enjoy this special time of year with family and friends. This year, we will be offering special Holiday (Thanksgiving, Christmas and Easter) Meal Boxes including a variety of items to help you to prepare a special holiday meal. If you are interested in receiving a Holiday Meal Box, please complete the form below.

Holiday boxes will be delivered to you between 10a.m.—12 p.m. on the dates listed below.

If you prefer to pick up your box, please contact the Gowrie Public Library to make arrangements.

Thanksgiving: November 21 (Please have your sign up form back by November 10 to re-

ceive the Thanksgiving Box)
Christmas: December 19

Easter: March 19

