Colchester Community FOOD SHELF

Shopping List

CCFS is always in need of the following items. When you are doing your own shopping, please consider selecting items from this list.

Baking Mixes: Brownie mix, cake mix, biscuit mix, pancake mix

Baking Supplies: Vegetable oil, sugar, flour, brown sugar

Beverages: Apple juice, ground coffee (reg or decaf), tea

Canned Beans: Baked beans, kidney, black, and Garbanzo beans

Canned Fruit: Peaches, pears, Mandarin oranges, fruit cocktail, pineapple

Canned Meals: Beef stew, chili, hash, Manwich, ravioli, spaghetti and meatballs, Beefaroni

Canned Meats/Protein: Tuna or chicken

Canned (Condensed) Soups: Tomato, vegetable and chicken noodle

Canned (Hearty) Soups: like Progresso or Campbell's Chunky with beef, chicken or vegetarian vegetable

Canned Vegetables: Beets, corn, cream corn, diced tomatoes, green beans, peas

Cereals: Cheerios, Raisin Bran, Corn Flakes, Rice Krispies, oatmeal

Condiments: Ketchup, mustard, mayo, ranch dressing, Italian dressing

Household Products: Dish liquid, laundry soap, household cleaner

Pasta Sauce: Traditional (red) spaghetti sauce and alfredo sauce

Pasta/Rice: Spaghetti, penne, elbow macaroni, rice, boxed macaroni and cheese

Peanut Butter and Jelly: Peanut butter, grape jelly, strawberry jelly

Personal Hygiene: Deodorant, shampoo, conditioner, hand soap, toothpaste, toothbrushes, shaving cream and disposable razors

Donations can be dropped off at CCFS during regular open hours or at the Burnham Memorial Library.

Thank you for your generosity!

The Colchester Community Food Shelf is a registered 501(c)(3) organization. Donations are tax deductible to the full extent allowed by law.

✂ Cut here and hang on your refrigerator ✂



Open House and Donation Event

Saturday, July 29

Special thanks to our friends from the **Lions Club of Colchester** for providing refreshments for our event.



WHO?

The Colchester Food Shelf is a 501(c)(3) non-profit organization whose mission is to provide Colchester residents who are food insecure with food, non-perishable groceries and fresh produce. Are you or someone you know having difficult times? There will be a time when you will not need our help, but we are here for you now.



WHAT?

The Food Shelf has non-perishable groceries (e.g., cereals, baking products, soups, vegetables, beans, ravioli, juice, and personal products). We also have fresh produce (e.g., lettuce, cabbage, carrots, potatoes, onions, apples, and oranges) and locally purchased meats (ground beef and chicken thighs).



WHERE?

The Colchester Food Shelf is located at 245 Main Street in Colchester between Claussen's Greenhouse and Union Memorial School in the old Colchester Fire House. You can find additional information by visiting ColchesterFoodShelf.org or find us on Facebook and Twitter!



WHEN?

Currently, we are open on Wednesdays from 12 Noon to 6 PM and the first Saturday of each month from 9 AM to 11 AM. Those who need our services may shop once a month at the Colchester Food Shelf and may also use the services of Feeding Chittenden, located at 228 North Winooski Ave in downtown Burlington.



HOW?

Come see us! Bring proof of Colchester residency on first visit. We accept any proof that has your current Colchester address (e.g., utility/insurance bill, mortgage/lease agreement). A driver's license and car registration cannot be used. A volunteer will collect basic information from you. You will be able to select groceries from the weekly shopping list.

The Colchester Community Food Shelf is here to help!

Visit us at https://www.ColchesterFoodShelf.org or find us on Facebook and Twitter! Do you have questions or need more information? Call us at 802-879-2444 or email info@ColchesterFoodShelf.org