

## **LIST OF SUGGESTED FOOD DONATIONS (01/05/25)**

### **MUSTARD SEED:**

Sugar free cereal, pasta & sauce, Peanut butter & jelly, canned tuna, rice & dried beans (red, black, white and lentils).

### **ABBY'S HOUSE:**

Pasta & sauce; canned tuna/chicken; small size boxes of cereal; granola bars and Nuts and dried fruit.

### **DISMAS FARM:**

Canned fruit, canned tuna/chicken, paper towels and toilet paper.

### **WACHUSETT FOOD PANTRY:**

Personal hygiene items (Shampoo, bar soap, toothbrushes & toothpaste; Baking supplies (sugar, flour, cake/cookie mixes) and snacks.

### **LAUNDRY LOVE:**

Detergent & dryer sheets.

**ANY DONATION IS ACCEPTED AND GREATLY APPRECIATED.**

## INFO REGARDING FOOD BENEFICIARIES

**WACHUSETT FOOD PANTRY:** Is a free of charge, emergency, monthly food program offering 3 to 5 days of meals to any family in Wachusett county including Holden, Paxton, Princeton, Rutland and Sterling.

**MUSTARD SEED:** Provides food, clothing and love to the Worcester hungry and homeless. Their food pantry is a supermarket to 66+ families and numerous individuals on a weekly basis.

**ABBY'S HOUSE:** Provides shelter and affordable housing, as well as, advocacy and support services to homeless, battered and low-income women, with or without children. Food is not provided so residents rely on Abby's food pantry for items to make their daily meals.

**DISMAS FARM:** Provides housing and services to homeless former prisoners. These individuals work the farm located in Oakham learning critical vocational skills to help them reintegrate into society.

**LAUNDRY LOVE:** Once each month, free laundry services are provided to those struggling financially at "SUDS UP" in Worcester. Pizza and entertainment are provided for their children while they do their laundry.