



FOOD. SUPPORT. COMMUNITY.

ACTS OF KINDNESS 2019

Help someone struggling this holiday season by giving an item each day and donating to PROP Food Shelf

					29 Shampoo & Conditioner	30 100% Juice
1 Canned Fruit	2 Boxed Pasta	3 Old Fashioned Oatmeal	4 Diapers Size 4	5 Crackers	6 Pasta Sides	7 Instant Mashed Potatoes
8 Nuts	9 Deodorant	10 Coffee	11 Paper Towels	12 Applesauce	13 Toothbrush	14 Kidney Beans
15 Baby Wipes	16 Soap	17 Bag of Potatoes	18 Baked Beans	19 Boxed Potatoes	20 Diapers Size 6	21 Toothpaste
22 Pancake Mix	23 Syrup	1 in 9 MN households struggle with hunger	There are more people living in poverty in the suburbs vs city	89% of new clients say they "sometimes or often worry about running out of food"	+15% increase in # of Seniors using PROP vs last year	
PROP serves over 3,500 people right in your backyard	"If you can't feed a hundred people, then feed just one." - Mother Teresa					

*These are PROP's most needed items, but we accept any non-perishable, non-dented, non-expired products