



**Fill a grocery bag  
for a hungry family!**

**The Aliveness Project operates a Food Shelf  
to help feed our local HIV/AIDS community.  
Our stock is running low!**

**Breakfast:**

Fruit juices (not frozen)  
Hot & dry cereals  
Dry powered or canned milk

**Lunches/Dinners:**

Hearty soups (chunky type)  
Tuna fish  
Canned beef, poultry, Spam  
Peanut butter, jelly  
Canned fruit, vegetables  
Canned or boxed main dishes  
Pasta, macaroni & cheese  
Hamburger Helper  
Spaghetti sauces  
Baked beans, other canned beans  
Canned chili, stews  
Potato buds

**Food Staples:**

Crackers  
Sugar, flour, salt, rice  
Coffee, tea, hot chocolate  
Pancake, biscuit mixes

**Sundry Basics:**

Toilet paper, facial tissue  
Bath soap, shampoo, conditioner  
Deodorant  
Feminine sanitary supplies  
Laundry, dish soap  
Bleach  
Toothpaste, toothbrushes  
Mouthwash  
Disposable razors  
Hand lotion

**Special Treats:**

Cake, muffin mixes  
Granola bars  
Pudding, Jell-O mixes  
Packaged cookies

**Special Needs:**

Nutritional Supplements:  
Ensure, Sustacal, Boost



730 EAST 38TH STREET  
MINNEAPOLIS, MN 55407

TEL: 612-822-7946  
FAX: 612-822-9668

aliveness@aliveness.org  
www.aliveness.org