

Nourish

Meals on Wheels

Help Nourish Fill Our Food Pantry

Once a month Nourish sends nonperishable groceries to our clients with the most need. This program is 100% free thanks to donations from community members like you.

We are currently collecting the following items for our monthly food distribution:

- Sides of noodles and rice in sauce
- Rice a roni and pasta roni
- Tuna and Hamburger Helpers
- Tomato based pasta sauce (24oz.)
- Spaghetti noodles (16 oz.)
- Peanut butter (16 oz.)
- Jelly (16 oz.) no squeeze bottles
- Canned stew/Hormel Compleats
- Instant potatoes and rice
- Microwavable popcorn
- Microwavable hot chocolate
- Breakfast Bars
- Canned tuna and chicken
- Canned fruit
- Canned vegetables
- Individual instant oatmeal packets
- Non-sugared cereal
- Hearty soups (no broth or cream of...)
- Macaroni and cheese (no cups)
- Just add water/milk pancake mixes
- snack crackers
- Cookie, chip, and nut variety packs
- Toilet paper and tissues (cube boxes)

All nonperishable food items are appreciated. However, please avoid:

- High sodium foods such as ramen noodles and canned spaghetti and ravioli.
- Canned beans other than green beans and baked beans.
- Cake, cookie, and brownie mixes.
- Family sized items. Most of our clients are preparing meals for only one or two people.

Scan the QR Code to donate online



Donations can be delivered to:
92 E Arapahoe RD, Littleton CO 80218
Monday-Friday between 8:00 am-2:00 pm.
Please call our office with any questions at 303-798-7642.