



**Healdsburg Food Pantry**  
**Healdsburg Shared Ministries**

The Healdsburg Turkey Trot is proud to support the work of the Healdsburg Food Pantry this Thanksgiving! We will be collecting food, coats, and cash donations on Thursday, November 24, 8-11am onsite at the Turkey Trot at 333 Center Street, Healdsburg. The Food Pantry will have staff available to collect your donations of food (see below for what's in highest demand) and new or gently used coats in all sizes.

Listed below are some of the food types the Healdsburg Food Pantry buys and distributes on a regular basis, if you prefer to give actual food rather than cash.

**White Rice and dry Pinto Beans in 1 lb. bags**

**Proteins...** Whole Chickens, Chicken Parts, Ground Beef, Tuna, Peanut Butter, Eggs, UHT Milk

**Cheese...** Monterey Jack, Cheddar

**Cereal...** Corn Flakes, Shredded Wheat, Crispy Rice, Toasted Oats, and Bran Flakes

**Soup...** Campbell Chicken Noodle, Progresso Mixed Vegetable, Amy's Brand

**Canned Goods...** String Beans, Peaches, Fruit Cocktail, Baked Beans, Corn,

**Pasta and Sauce...** Spaghetti, Mac & Cheese, Tomato Sauce, Spaghetti Sauce, Diced Tomatoes

Thank you for your support of the Healdsburg Food Pantry. We are a volunteer organization with no salaried or hourly employees. Virtually 100% of your cash donations are spent on food distributed to the needy in Healdsburg and Geyserville.

The Healdsburg Food Pantry purchases the bulk of our food from Redwood Empire Food Bank in Santa Rosa at very attractive prices, typically below commercial retail costs. We are able to buy bulk rice as low as \$0.11/lb. and packaged pinto beans for approx. \$0.50/lb. The more we spend at REFB, the more food they give us in the form of food grants and government assistance. We easily receive 3-4X the value of the cash we spend at REFB in additional food, produce and donated food items.

We generally purchase these items on a weekly basis, and REFB adds additional fresh produce such as onions, potatoes, yams, squash, apples, and many other items as availability permits.

Please check our web site at [healdsburgfoodpantry.org](http://healdsburgfoodpantry.org) for additional information and statistics on our organization.