



Goochland Free Clinic & Family Services

Your Food Pantry donations are greatly appreciated.

CANNED ITEMS

Canned Meat: chicken, pork, beef
Soups and Stews
Beans
Vegetables
Fruit and fruit cocktail
Canned Milk
Peanut Butter
Jams and Jelly
Nuts and Seeds

DRINKS

Coffee
Tea
Juice
Milk

DRY GOODS AND COOKING STAPLES

Spaghetti and Pasta
Macaroni and Cheese
Rice
Beans
Flour
Sugar
Grits
Cornmeal
Biscuit Mix
Muffin Mix
Cornbread Mix
Sauce and Gravy Mixes
Stuffing Mix
Assorted Cereals (hot and cold)
Crackers

PERISHABLE ITEMS

Fresh eggs
Fruit
Veggies, Veggies, Veggies
Bread items
Frozen Meats

HOUSEHOLD/HYGIENE ITEMS

Cleaning Supplies
Laundry Detergent
Bleach
Liquid Dish Soap
Bath Soap
Deodorant
Shampoo and Conditioner
Toothbrushes
Toothpaste
Mouthwash
Band-Aids
Paper Towels
Toilet Paper
General Cosmetics
Disposable Diapers – child and adult
Feminine Hygiene products

RECEIVING HOURS:
MONDAY THROUGH THURSDAY
9AM—4PM
FRIDAY
9AM—3PM

LOCATION:
2931 RIVER ROAD WEST
GOOCHLAND, VA 23063
804/556-6260