



**BOULDER COUNTY  
AIDS PROJECT**

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*Serving Boulder, Broomfield, Gilpin & Clear Creek Counties.*

**FOOD BANK NEEDS:**

This list will help you fill a grocery bag with items for BCAP and our foodbanks in Longmont and in Boulder. We are currently serving about 200 clients

**Non-Perishable Protein**

Canned beans, all varieties  
Peanut Butter – Crunchy & Smooth  
Tuna  
Other canned fish, meat and chicken  
Canned Chili (veg and w/meat)  
Canned Soup (veg and w/meat)

**Non-Perishable Fruit and Veg**

Tomato Sauce/Pasta Sauce  
Canned Fruit  
Canned Vegetables

**Grains and Cereals**

Dry Rice  
Breakfast cereals  
Dry Pasta (spaghetti, fettucini, etc)

**Household Items – All high need**

Bar Soap  
Laundry and Dish Detergent  
Toothpaste&Toothbrushes  
Shaving Cream & Razors  
Shampoo & Conditioner  
Toilet Paper  
Paper Towels  
Kleenex  
Deoderant

**Miscellaneous**

Condiments (salad dressing, ketchup, mustard, etc.)  
Snacks (Crackers, Chips, etc.)  
Baking mixes for cookies/cakes  
Desserts  
Ziploc Bags (sandwich, quart, and gallon)

**IMPORTANT:** Because of the risk to people who are immune compromised,  
please make sure to **check expiration dates** on items.

**THANK YOU VERY MUCH!**