

# The Nook



THE CENTER FOR YOUTH FOOD CUPBOARD

To meet the most basic needs of the young people in our housing programs, The Center for Youth Food Cupboard – The Nook – ensures young people have access to non-perishable foods, hygiene items, and household supplies.

Please consider donating items to The Nook, providing food security to youth.

## Snacks:

- Granola bars
- Clif Protein bars
- Fruit bars/snacks
- Pop Tarts
- Small bags of chips
- Cookies
- Desserts
- Macaroni & cheese cups

## Shelf-Stable Items:

- Canned Fruits (any variety)
- Boxed cereals (teen friendly)
- Chunky soups
- Canned corn
- Vienna sausages (young people love them!)
- Canned tuna

## Pantry essentials:

- Jars of red sauce
- Boxes of pasta ( spaghetti, rigatoni, penne, etc)
- Boxes of flavored rice
- Spaghetti-O's
- Ramen noodles (cups preferred)
- Shelf stable microwaveable meals

## Gift Cards:

This allows us flexibility in re-stocking The Nook and provides additional resources to young people.

- Wegmans
- Wal-Mart
- Target
- Price Rite
- Aldi

## Cleaning Supplies:

- All-purpose cleaner
- Dishsoap
- Laundry Detergent
- Household cleaners
- ...and more!

## Donation Drop Off:

Please visit us at **905 Monroe Avenue** (use rear parking lot & entrance)

**Monday - Friday between 9am-5pm.**

\*\*Please be sure to complete a donation form!

Visit us online at: [www.centerforyouth.net](http://www.centerforyouth.net) for more information.