



**VEAP**

## **Most-needed Items**

**June 2026**

VEAP, the Twin Cities' largest food pantry, needs your help!  
We're accepting donations at Door 4 behind our building:  
**Monday - Thursday, 9:00 a.m. - 4:30 p.m.**  
**Friday, 9:00 a.m. - Noon**

- Hearty soups (high protein, low sodium)
- Canned proteins (salmon, chicken, beans)
- Canned fruit (pineapple, peaches, pears)
- Diced tomatoes
- Baking essentials (flour, corn masa, sugar, & spices)
- Cooking oil
- Toilet paper
- Paper towels
- Infant diapers (size 4 & up)
- Baby wipes
- Cleaning items:
  - laundry detergent
  - dish soap
- Personal care items:
  - shampoo
  - toothpaste & toothbrush
  - hand soap
  - menstrual products
  - adult diapers

**More details at [veap.org/most-needed-items](https://veap.org/most-needed-items)**

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