



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GUIDELINES FOR FILLING THE COMMUNITY BLESSING BOX

Jerry Long Family YMCA

Address: 1150 S Peace Haven Road, Clemmons, NC 27012

Phone: 336 712 2000

Thank you so much for your support of the Jerry Long Family YMCA Community Blessing Box. When donating food items, please follow CDC guidelines for handwashing and handling of all items. Please avoid donating opened, expired or home baked goods. **It is a blessing to donate food to those in need but it is not a blessing to donate unsafe food or items. Please keep in mind that this Blessing Box is located outside of the Jerry Long Family YMCA and outdoor temperatures can be extremely cold or hot at times.**

Buy canned foods with rings when available for easy opening or include small handheld can openers. Here are some suggested food items for the Blessing Box during most of the year.

- Canned Soups
- Peanut Butter, Nuts and Alternatives
 - Almond Butter, Sunflower Seed Butter, Coconut Butter, Wow Butter, etc.
- Beans, Canned, Especially Garbanzo and Chili
- Rice, White or Brown
- Pasta (Preferably in Boxes)
- Cereals and Instant Oatmeal Packets
- Crackers and Granola Bars
- Canned Fruits
- Condiments (Ketchup, Mustard, Salad Dressing and Mayo)
- Jelly and Pancake Syrup
- Baking and Pancake Mixes
- Microwave Meals (To-Go Meals and Shelf-Stable Meal Kits)
- Individual Serving Size Items
- Infant Formula (Dry Infant Cereal)
- Package Protein Drinks
- Dried Fruit
- Bottles of Water

Other Items Needed

- Shampoo, Conditioner, Combs and Brushes
- Individually Wrapped Rolls of Toilet Paper
- Toothbrush and Toothpaste
- Deodorant
- Hand Soap, Dish Soap, Bath Soap, Hand Sanitizer, and Lotion
- Gloves, Hats, and Scarves
- Baby Supplies (Wipes, Diapers, etc.)

If you arrive at the Blessing Box and the box is full of items, we will have an overflow Blessing Box in our lobby for you to donate your items during open business hours. Thank you so much for your support!

YMCA OF NORTHWEST NORTH CAROLINA

301 N Main Street, Suite 1900 Winston-Salem NC 27101

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.