



March is Minnesota Food Share Month!



FOOD DRIVE

1 in 5 people in Minnesota face food insecurity.

In 2025, 2235 families utilized the food shelf at CAER, a 45% increase from 2021.

caerfoodshelf.org

Food Donation Ideas:

These items are hard to find through our food bank, and especially helpful when donated.

- Canned salmon, chicken, and tuna
- Rice and pasta sides
- Chunky soups
- Sugar
- Cake or brownie mix, frosting
- Jell-O and pudding mix
- Pancake mix
- Cooking oil
- 100% fruit juice - shelf stable

Hygiene Items:

- Toothpaste
- Body wash
- Shampoo
- Menstrual products
- Pull ups & size 7 diapers
- Baby wipes

Cash donations have extra power!
\$1 = 3 meals

