All Faith Community Services Goodyear Food Bank is asking the community to help and donate food items. We are in need of certain items that can help increase what we provide in our boxes. We are open to the Goodyear residences from 9am-11am Monday, Wednesday, and Thursdays every week. Closed some holidays. We are also always looking for fundraising and donation of funds to help improve and add to the space we currently are working in. If you would like to make a donation of funds- please contact Jennifer Mello, Program Manager @ 602-501-7090  
  
**How to help-**  
Bring your food items to 14900 W. Van Buren St, Goodyear AZ 85338 - We are in Skyway Church parking lot building I in the back on the left side.

* Canned fish and lean meats, such as salmon, tuna, and chicken. These are high in protein and provide a great base for healthy meals.
* Peanut butter or other nut butters. These are also rich in protein and can be used in sandwiches, snacks, or sauces.
* Canned soup or stew. These are easy to prepare and can be filling and nutritious.
* Canned fruit and vegetables. These can add vitamins and minerals to any meal or snack.
* Canned beans. These are another source of protein and fiber and can be used in salads, soups, or dips.
* Pasta and rice. These are staple foods that can be paired with many other ingredients and sauces. Whole grain pasta and brown rice are preferred for their health benefits.
* Drinks. water, juices, soda

You may bring items during Monday, Wednesday, Thursday 730am -11am and Tuesday, Friday 830am -1030am

**We Thank You!**

