



Lewis & Clark's Historic Trail



Items Needed by the Sterling Food Bank

Canned fruit (priority item)	Paper plates
Sugar	Paper towels
Macaroni and cheese	Toilet paper
Canned tuna or chicken	Soap
Saltine crackers	Shampoo
Cereal (nonsugared)	Toothpaste
Instant potatoes	Deodorant
Pork & beans	Cleaning supplies
Mexican items	

Trading Post Guidelines

Books to be traded must be in good used condition. This means the books:

- Have all the pages
- Have a cover
- Are age appropriate for school

Also,

- Students may bring more than one book if they wish, but they will only receive **ONE** ticket and be able to take **ONE** book home with them from the Trading Post. Extra books will be used to help students who weren't able to bring a book from home earn a ticket and be able to participate in the Trading Post.



**Students, be sure to get permission
from your parent or guardian
before donating a book to the
Trading Post.**

