

## Suggested Food Donations

Food donations are an important source of food for our Food Reservoir. You can organize a food drive at your work, school or church. A food drive increases the awareness of hunger in our community and provides an opportunity to help solve our hunger problems.

See the list below to see what food is most needed:

## Please Donate These Nutritious Non-Perishable Foods:

- Peanut Butter
- Whole Grain Crackers and Pasta
- Brown Rice
- Canned Tuna & Chicken in Water
- Canned Vegetables (Low Sodium)
- Juice
- Whole Grain Oats & Cereal (Low Sugar)
- Canned Fruits (In Juice)
- Canned Soup (Low Sodium)
- Beans & Lentils
- Nuts, Seeds & Dried Fruits

NO DENTED CANS NO UNLABELED FOOD





This institution is an equal opportunity provider.