



MOST NEEDED FOOD ITEMS:

- BEANS (canned or dry)
- CEREALS (whole grain)
- CANNED MEAT/FISH
- MILK (shelf stable)
- CANNED MEALS (low sodium)
- CANNED VEGETABLES (low sodium)
- CANNED or DRIED FRUIT
- PEANUT BUTTER
- PASTA & RICE

All items should be nonperishable.

PLEASE, no glass containers or pre-opened items.

YOU CAN HELP

When choosing items for the food drive, please look for labels which read:

- * Low Sodium
- * No Salt Added
- * No Sugar Added
- * Unsweetened
- * Reduced Sodium
- * 100% Fruit Juice
- * Lite

