

MOST-NEEDED FOOD DRIVE ITEMS

BEANS (CANNED OR DRY)	MILK (SHELF STABLE)
DRIED OR CANNED FRUIT	COOKING OIL
CEREALS (WHOLE GRAIN)	CANNED VEGETABLES
CANNED MEAT/FISH	PEANUT BUTTER
CANNED MEALS & SOUPS	PASTA, RICE & QUINOA
MASA FLOUR	CORNMEAL

Please choose non-perishable goods only. You can help improve the health of your neighbors.
When choosing items for the food drive, please look for labels which read:

- Low sodium
- No sugar added
- No salt added
- 100% fruit juice
- No salt added
- Unsweetened
- Reduced sodium
- Whole grains