



You can help to not just feed but nourish hungry families, children and seniors!

Every donation makes a great impact. Here is a list of the most requested items by our agency partners.

### **Food**

- Canned vegetables (low sodium)
- Canned fruits in 100% juice
- Dried fruit (no added sugar preferred)
- Canned chicken, tuna, salmon (packed in water)
- Brown rice
- Whole grain pasta
- Dried beans or canned low sodium beans
- Peanut, almond, or sun butter
- Canned soup (chicken, tomato or vegetable)
- Cereal – hot and cold (whole grain, low sugar preferred)

### **Household Products**

- Soap
- Deodorant
- Shampoo
- Toilet Paper

*No glass please!*