

FOOD COLLECTION SUPPORTS



Thank you for partnering with your community!

Here are some suggested items, with the greatest need for the first three. No glass containers, or items past expiration, please.

- ☐ **Canned *low-fructose* fruit**
- ☐ **Canned tuna, salmon, chicken, or chili**
- ☐ **Canned *low-sodium* vegetables**
- ☐ 1 lb. dried beans
- ☐ 2 lbs. rice
- ☐ Canned potatoes
- ☐ 1-2 lbs. pasta
- ☐ Hot or cold cereal
- ☐ Peanut butter
- ☐ Maseca corn flour
- ☐ Shelf-stable milk (e.g., Parmalat)
- ☐ Mac and cheese
- ☐ Olive and canola oil (plastic container)
- ☐ Herbs and spices (plastic container)
- ☐ Honey (plastic container)

We accept fresh produce, too!

Thank you for helping us to support our neighbors in need.

We help neighbors achieve stability through:

- Hunger prevention, nutrition education, & health screenings
- Housing stability & homelessness prevention
- Workforce development & employment readiness

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