



# Most Needed Items



Brown or White Rice  
Whole Grain Pasta  
Shelf Stable Milk  
Canned Meat / Fish  
Canned Vegetables  
Peanut Butter  
Whole Grain Cereal  
Canned or Dried Fruit  
Canned Meals  
Canned or Dried Beans

When choosing items for donation, please look for labels which read:

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

Please donate  
NON-PERISHABLE  
items only  
No glass containers,  
pre-opened or out of  
date items



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