

# ST. PATRICK CATHOLIC CHURCH FOOD DRIVE



**OCTOBER 4th, 11th, 18th AND 25<sup>th</sup>**

**During / After all Sunday Masses**

## **Most Needed Food Items**

Canned Chicken & Tuna \* Dry & Canned Beans \* Cereal \* Rice  
Nuts & Seeds \* Peanut Butter \* Canned Soup \* Canned & Dried  
Fruit \* Canned Vegetables \* Powdered Milk \* Infant Formula

## **Nutritional Choices**

Tuna in Water \* Low-Sodium Canned Beans \* Low-Sugar  
Whole Grain Cereal \* Brown & Wild Rice \* Unsalted Almonds  
Low-Sodium & Low-Fat Canned Soup \* Flax Seeds \* No Sugar  
Added Peanut Butter \* Canned Fruit in Water or Juice \* Low-  
Sodium & No Salt Added Canned Vegetables \* Low & Nonfat  
Powdered Milk

## **We are unable to accept:**

Glass jars or homemade food products

**[www.SanDiegoFoodBank.org](http://www.SanDiegoFoodBank.org)**