

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



MOST NEEDED ITEMS

While we continue to accept items outside of this list, we kindly ask you to focus your efforts with these items in mind so, together, we can have the maximum impact for individuals facing hunger.



LOW-FAT, BOXED, & NON-REFRIGERATED MILK



RICE



CANNED VEGETABLES
(Low Sodium/No salt added)



OLIVE OIL
(No glass jars, please)



CEREALS AND OATMEAL



CANNED FRUITS
(Low sugar/No sugar added)



TOMATO SAUCE
(No glass jars, please)



CANNED MEAT, Poultry, HAM & FISH



PEANUT BUTTER



JELLY, JAM, & SPREADABLE FRUIT



TISSUES



TOILET PAPER



CANNED MEALS

We kindly ask that you donate products that are in boxes, cans, or plastic bottles, and do not require refrigeration. To promote healthy eating, we ask for items that are low in sugar/sodium and free of high fructose corn syrup. Please, no glass jars. For more information, visit www.licares.org