

MOST NEEDED FOOD BANK ITEMS

PEANUT BUTTER

CANNED PROTEIN
(CHICKEN, TUNA, SPAM)

CANNED RAVIOLI

CANNED FRUITS
(NO SUGAR ADDED OR PACKED IN 100% FRUIT JUICE)

CANNED VEGETABLES
(LOW OR NO SODIUM)

DRY OR CANNED BEANS
(LOW SODIUM)

CEREAL
(WHOLE GRAIN OR 100% WHOLE WHEAT - BOXED)



St. Mary's
Food Bank
ALLIANCE®