

Help Us Help Our Neighbors!
BJC High Holy Day Food Drive for Manna Food Center



understanding that healing comes in many forms

Most Needed Foods List



Grains:

- Instant oatmeal packets, original flavor
- Brown rice (16 oz.)
- Whole grain pasta (16 oz.)

Protein:

- Tuna, salmon or chicken, in water
- Dry or canned beans (low sodium)
- Natural nut butters

Fruits and Vegetables:

- Canned vegetables (low sodium)
- Canned fruit (in juice)
- Fruit cups

Other healthy Items:

- Shelf-stable, individual milk boxes
- Cooking oils & spices
- Infant formula & baby foods