



**tacklehunger.org**

List of recommended items to donate:

- Peanut butter and Jelly
- Canned soup
- Canned fruit
- Canned vegetables
- Canned stew/chili/ravioli/beefaroni
- Canned tuna fish
- Chicken salad packets (have crackers with it)
- Canned beans
- Pasta
- Rice
- Macaroni and cheese (with cheese packets, not powder packets)

Please do not donate:

- Items needing refrigeration
- Expired food
- Foods with packaging concerns (dented/bloated cans, open containers, glass)