

Most Needed Items

Community food drives are an excellent source of high-quality food for our partner agencies and the people they serve.

Most Needed Non-Perishable Items Include:

- Canned meats (i.e. tuna, chicken, seafood, turkey)
- Canned and boxed meals (i.e. soup, chili, macaroni and cheese)
- Canned or dried beans and peas (i.e. black, pinto, lentils)
- Pasta, rice, cereal
- Canned fruits and vegetables
- Peanut butter

The Regional Food Bank Is Unable To Use:

- Rusty cans
- Perishable items
- Homemade items
- Opened items
- Alcoholic beverages

Suggested Healthy Items:

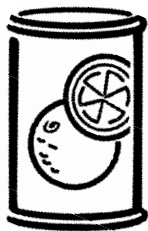
- Canned fruit in light syrup
- No sugar added applesauce
- Low sodium vegetables
- Canned white or sweet potatoes
- Powdered or flaked potatoes
- Brown or wild rice
- Whole grain/bran cereals
- Reduced fat whole grain crackers
- Trans fat free tortillas
- Powdered milk



BEANS
SOUP
SAUCE



TUNA
SALMON
CHICKEN



CANNED FRUITS
CANNED VEGETABLES



BROWN RICE
PASTA



NO HOMEMADE
OR GLASS ITEMS



PEANUT
BUTTER