

# MOST NEEDED ITEMS

Food and fund drives are an excellent source of high-quality food for our partner agencies and the clients 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 or Glass items
- Opened items

## 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

## Donate nutritious, non-perishable foods:



Tuna  
Salmon  
Chicken  
Peanut Butter



Canned  
Fruits &  
Vegetables

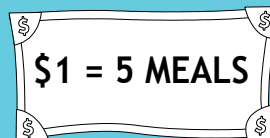


Beans  
Soup  
Sauces



Brown Rice  
Pasta

Remember:



\$1 = 5 MEALS



No Home-Made  
or Glass Items

Questions?

Contact Natalie Price at 405-600-3174, or [nprice@regionalfoodbank.org](mailto:nprice@regionalfoodbank.org) • [www.regionalfoodbank.org](http://www.regionalfoodbank.org)  
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