

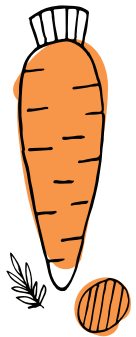


FEB 25 – APRIL 7, 2019

## MOST WANTED FOOD ITEMS in March

We encourage food donors to give the most nutritious items whenever possible to ensure we are contributing to the good health of our communities.

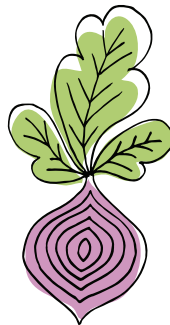
Please use the list as a guide to determine what to bring to your organization's Food & Fund Drive and share it with other food drive participants.



- **Fresh, frozen, or canned fruit**  
apples, oranges, mixed fruit, pears
- **Fresh, frozen, or canned vegetables**  
green beans, corn, mixed vegetables
- **Bags of potatoes, carrots, or onions**
- **Whole grain pasta, rice**
- **Baking and cooking items**  
vegetable oil, flour, sugar, spices

**Want to give financially?**  
\$10 feeds a family of 4 for one week!

- **Canned meats**  
tuna, chicken, salmon
- **Hearty soups**  
chunky soups, stews, cream of mushroom soup
- **Peanut Butter**
- **Personal hygiene and household cleaning products**

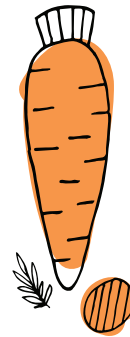


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