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 this list as a guide for your Food & Fund Drive and share it with others.

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

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

Be sure to register your food & fund drive at FamilyPathways.org