



# Most wanted food items

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.



- **Produce**

- apples, oranges, mixed fruit, pears, green beans, corn, mixed vegetables

- **Bags of potatoes, carrots, or onions**

- **Pasta and rice**

- **Baking and cooking items**

- vegetable oil, flour, sugar, spices

- **Canned meats**

- tuna, chicken, salmon

- **Hearty soups**

- chunky soups and stews
- pasta and vegetable soups

- **Peanut Butter and Jelly**

- **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](http://FamilyPathways.org)