

Food Drive

Benefitting



PROTEIN	GRAINS
Canned tuna, chicken, salmon, etc. Chili Soup Canned or dried beans (lentil, kidney, pinto, black, baked, chickpeas, etc.) Nut Butter (peanut butter, almond butter, etc.) Nuts (mixed, almond, salted, unsalted, etc.) Protein Bars	Brown rice Whole grain pasta Stuffing Macaroni & Cheese Hamburger/Tuna helper Crackers (whole grain, low sodium, etc.) Hot cereal (oatmeal, cream of wheat/rice, etc.) Cold cereal (unsweetened) Infant cereal
VEGETABLES	FRUIT
Canned peas, corn, carrots, green beans, etc. Tomato products (pasta sauce, diced, etc.) Mushrooms Canned or boxed potatoes Infant friendly vegetables (baby food)	Unsweetened applesauce Canned peaches, pears, pineapple, etc. Dried Fruit (apples, raisins, prunes, raisins, etc.) Jelly Infant friendly fruit (baby food)
MILK	
Canned Evaporated Milk (1% or skim) Powdered Milk Shelf stable milk Canned or boxed soy, almond, coconut, or rice milk Infant Formula	

- * We strive to provide the best quality and nutritionally-balanced foods we can; please help us by buying low-sugar, low-fat, and low-sodium foods
- * We serve individuals as well as families; please buy smaller sizes for **Needs inc.** to distribute to any size home.
- * Donate fresh or frozen foods directly to **Needs Inc.** For a list, please visit Needsinc.org

Thank You