



feds **feed** families

SUPPORT OUR LOCAL FOOD BANKS; DONATE NONPERISHABLE FOOD AND PERSONAL HYGIENE ITEMS, NOW THROUGH AUGUST 31!!!

The *most-needed* items for donations include:

Canned vegetables – low sodium, no salt

Canned fruits – in light syrup or its own juices

Canned proteins – tuna, salmon, chicken, peanut butter and beans

Soups – beef stew, chili, chicken noodle, turkey or rice

Condiments – tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils

Snacks – individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers

Multigrain cereal

100 percent juice – all sizes, including juice boxes

Grains – brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, and macaroni and cheese

Paper products and household items – paper towels, napkins, cleaning supplies

Hygiene items – diapers, deodorants (men and women), feminine products, toilet paper, tissues, soap, toothpaste and shampoo