MOST NEEDED FOOD ITEMS:

- BEANS (canned or dry)
- CEREALS (whole grain)
- CANNED MEAT/FISH
- MILK (shelf stable)
- CANNED MEALS (low sodium)
- CANNED VEGETABLES (low sodium)
- CANNED or DRIED FRUIT
- PEANUT BUTTER
- PASTA & RICE

All items should be nonperishable.
PLEASE, no glass containers or pre-opened items.

YOU CAN HELP

When choosing items for the food drive, please look for labels which read:

* Low Sodium
* No Salt Added
* No Sugar Added
* Unsweetened
* Reduced Sodium
* 100% Fruit Juice
* Lite