

BE A HEALTH HERO

Put Health on the Shelves
When You GIVE.

Food Drive Shopping List

PROTEINS

Canned chicken or tuna
Peanut butter
Dry or canned beans
Nuts

WHOLE GRAINS

Whole Grain Cereal
Pasta
Brown rice
Crackers

VEGETABLES & FRUIT

Canned fruit
Canned vegetables
Pasta sauce
Raisins
Salsa
Soup with vegetables
Fruit Juice

NON-FOOD

Diapers and wipes
Laundry Detergent
Deodorant
Toilet Paper



Feed My People
FOOD BANK

*Feed My People cannot accept donations of
homemade foods or opened packages.*