REGIONAL FOOD BANK

HOLIDAY HUNGER APPEAL

MOST NEEDED ITEMS

Low sodium, low sugar, and whole grain items are preferred. Pop-top cans are helpful. All items must be in original packaging, unopened, and not expired.

- Peanut Butter & Jelly
- Canned Meals or Soups
- Cereal or Oatmeal
- Granola Bars
- Canned Fruit or Vegetables
- Canned Protein
  - Tuna, Chicken, Beans
- Pasta or Rice
- Macaroni & Cheese
- 100% Juice
- Shampoo or Conditioner
- Soap or Body Wash
- Deodorant
- Toothbrushes or Toothpaste
- Bathroom Tissue
- Paper Towels
- Menstrual Products
- Diapers or Wipes

HOLIDAY SPECIFIC FOODS

- Instant Mashed Potatoes
- Salad Dressing
- Flour and Sugar
- Olive Oil and Seasonings
- Garlic Powder, Cinnamon, etc.
- Maple Syrup and Honey
- Instant Coffee and Tea
- Canned Yams, Cranberry, Pumpkin, etc
- Box of Broth or Stock
- Corn Bread Mix
- Pie Crusts and Cake Mixes
- Applesauce
- Boxed Stuffing Mix