



Feed a Family of Four for a Day!

You CAN make a difference in lives of many by filling a bag with the following items:

**BREAKFAST:** Box of cereal or oatmeal  
Dried fruit  
Powdered milk  
100% fruit juice

**LUNCH:** Tuna, peanut butter or soup  
Canned vegetables  
Canned fruits

**DINNER:** Canned meats, beef stew, meat sauce  
Or chicken and dumplings  
Macaroni & cheese, pasta, rice  
Dried or canned fruit or applesauce

The food bank receives numerous donations of condiments and does not have a need for mayonnaise, catsup, mustard, salad dressing or syrup. No Glass containers please. Cans, boxes and plastic only. Your donation will assist families. Please provide items in a size you would use in your home. Baby items are always needed including diapers, powdered infant formula, baby wipes and baby cereal. **DUE TO SAFETY GUIDELINES, WE CANNOT ACCEPT JARRED AND CANNED BABY FOOD.**