



'til no one is hungry

www.gamountainfoodbank.org

(770)967-0075

Most needed items for Food Drives

Canned Meats

Tuna
Chicken
Roast Beef
Spam
Meat spreads

Canned Vegetables

Beans
Beans and franks
Corn
Peas
Potatoes

Canned Fruits

Peaches
Pears
Fruit cocktail
Mandarin Oranges
Grapefruit
Apple sauce

Canned Stews and Soups

Chili
Beef stew
Spaghetti O's
Ravioli
Boxed Meals
Chicken noodle soup
Vegetable Soup
Vegetable beef soup

Grains, Boxed Pasta and Sauces

Boxed cereals-low sugar
Grits
Breakfast Bars
Oatmeal
Macaroni and cheese
Spaghetti and spaghetti sauce
Boxed rice
Dried beans

Beverages (non-refrigerated)

Shelf stable milk
Powdered Milk
100% juice

Other

Flour, Cornmeal
Cooking Oil
Spaghetti Sauce
Peanut Butter
Jelly

Laundry Detergent

Diapers

Baby wipes

Personal hygiene products (toothpaste, toothbrushes, shampoo, soap, deodorant, etc.)

