



MOST NEEDED FOOD ITEMS

Canned Fruit (no sugar added)
Peanut Butter AND Jelly (low sugar)
Canned Meals (i.e. Chef Boyardee)
Canned Meat (chicken, tuna, roast beef)
(Wholegrain) Pasta AND Canned Spaghetti Sauce
Cereal (low sugar) and/or Oatmeal
Canned Vegetables (low sodium)

For more information on how you can help, call the Georgia Mountain Food Bank at 770.534.4111