

MOST NEEDED ITEMS

HUNGER NETWORK IS ALWAYS IN NEED OF THESE ITEMS.

We're committed to providing healthy food options. We encourage food that is high fiber, low sugar and low sodium! Please refrain from using glass containers to avoid breakage.



CANNED PROTEIN

Tuna, Chicken, Ham



WHOLE GRAINS

Rice, Pasta, Oatmeal, Quinoa



FRUITS

Canned in Own Juice or Water



VEGETABLES

Canned and Low Sodium



BEANS

Canned or Dry



PEANUT BUTTER

Creamy or Crunchy



CEREAL

Whole Grain, Hot or Cold



HEALTHY SNACKS

Granola Bars, Raisins, Nuts



HYGIENE ITEMS

Toilet Paper, Tampons, Deodorant

Hunger Network | No one goes hungry. No food goes to waste.

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