

FOOD DRIVE

Most Needed Items

**Thank you for supporting the NH Food Bank.
Your donations are greatly appreciated!**

FRUIT

- Canned Pineapple
- Canned Pears
- Apple Sauce

** 100% juice or no sugar added*

WHOLE GRAINS

- Brown or Wild Rice
- Oatmeal
- Cereals
- Pasta

** First ingredient whole grain,
no sugar added*

VEGETABLES

- Canned Corn
- Canned Tomatoes
- Canned Carrots

**Low sodium or no salt added,
no sugar added*

PROTEIN

- Dried or Canned Beans
- Canned Tuna/Chicken
- Mixed Nuts
- Peanut Butter

** Low or no salt added,
no sugar added*

OTHER FOODS

- Soups
- Broth
- Spices
- Dried Herbs

**Low or no sodium*

