NH Food Bank: Most Needed Items

**Fruits**
- Canned tropical fruits (oranges, grapefruits, pineapples, mangoes, etc.)
- Canned apples, canned pears
- Canned stone fruits (apricots, peaches, cherries)
- Apple sauce

*Fruits should be canned in water, light syrup or 100% fruit juice*

**Vegetables**
- Canned red/orange: peppers, carrots, beets, tomatoes, pumpkin
- Canned mushrooms
- Green: Canned asparagus, green beans, peas, artichokes, spinach
- Starchy: canned corn, potatoes

**Protein**
- Dried or canned beans (chickpeas, black beans, kidney beans, etc.)
- Dried or canned lentils
- Canned tuna or other canned fish
- Canned chicken
- Peanut and other nut butters
- Mixed nuts

**Whole Grains**
- Brown or wild rice
- Quinoa
- Barley or farro
- Rolled oats
- Whole wheat pasta, crackers, oatmeal

**Other**
- Soup or broths (low sodium)
- Herbs and spices
- Sparkling water or seltzer
- Shelf-stable milk OR shelf-stable non-dairy milk
- 100% fruit juice

Please note, we ask that food donations be non-perishable and non-glass.

10/2022