



One in four children struggle with hunger...



## Suggested Items to Donate

Here are some suggestions of nutritious canned and dry goods that Gleaners uses the most.

We ask that you avoid items in glass as they often break in transit.

Top 5 Needed Items

- Canned Fruit in Light Syrup
- Canned Vegetables
- Tuna Fish
- Peanut Butter (in plastic jars)
- Cereal/Oatmeal

- Hearty Soups, Stews
- Canned Spaghetti or Pasta
- Beans (black, kidney, pinto, or refried)
- Canned Meats (chicken, salmon)
- Pasta, Macaroni and Cheese, Rice
- Pancake or Baking Mixes

# THANK YOU!