

## Food Drive Items Most Needed

The following is a list of food items most needed by the programs served by the Houston Food Bank.

- Protein items
  - Canned tuna or chicken, packed in water
  - Canned stews and pasta/meat, easy on salt and fat
- Peanut butter
- Canned fruits in light syrup, natural applesauce
- 100% juice cans or boxes
- Canned vegetables, tomatoes, tomato sauce
- Soups with meat and/or beans, meal-in-a-can, easy on salt and fat
- Cereals and cereal bars, easy on sugar and fat
- Pasta, spaghetti, macaroni, noodles
- Packages of dry beans

*For the safety of those we serve, the Houston Food Bank is unable to accept:*

- Open packages
- Homemade food items
- Perishable foods
- Baby food
- Items with "expired" dates

For more information, call the Houston Food Bank's Department of Nutrition Services: 713-532-3663.

Thank you for helping the Food Bank help our community.