



# FOOD DRIVE

benefiting  
**Second Harvest Food Bank  
of Northwest NC**

## Most Needed Items:

(No glass or perishables please)

Choose **canned** lean meats,   a good source of low-fat protein, or **canned or dry**, a good source of fiber.

- ♦ Canned tuna fish
- ♦ Canned salmon
- ♦ Canned chicken
- ♦ Canned bean soup
- ♦ Canned baked beans
- ♦ Dried and canned beans and peas
- ♦ Canned chili
- ♦ Canned beef stew
- ♦ Peanut butter
- ♦ Nuts

## Dairy Group

Choose **shelf-stable** low-fat dairy products fortified with vitamin D. 

- ♦ Dry milk
- ♦ Evaporated milk
- ♦ Boxed shelf-stable milk





3655 Reed Street • Winston-Salem, NC 27107 • 336.784.5770  
[www.hungernwnc.org](http://www.hungernwnc.org)

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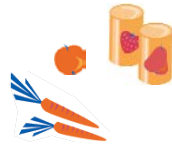
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## Fruit & Vegetable Group

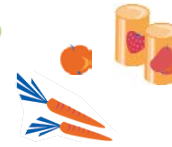
Choose **canned or dry** fruits and vegetables, which offer a variety of vitamins and minerals.



- ♦ Canned vegetables
- ♦ Vegetable juice
- ♦ Diced tomatoes
- ♦ Tomato juice
- ♦ Tomato sauce
- ♦ Spaghetti sauce
- ♦ Canned fruit (in its own juice)
- ♦ Fruit juice (100%)
- ♦ Dried fruit
- ♦ Shelf-stable fruit cups

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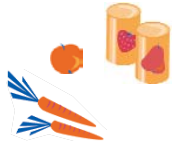
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## Grain Group

Choose **non-perishable** whole grains for maximum nutritional value.



- ♦ Oatmeal
- ♦ Whole grain crackers
- ♦ All types of pasta
- ♦ Low sugar/high fiber cereal (Cheerios<sup>®</sup>, Raisin Bran<sup>®</sup>, etc.)
- ♦ Cream of Wheat<sup>®</sup>
- ♦ Whole grain rice

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so no one goes hungry.

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