



URGENTLY NEEDED ITEMS!

- **Protein items such as canned tuna or chicken and canned stews and pasta**
- **Peanut butter**
- **100% juice boxes (no glass please)**
- **Canned fruits in light syrup, applesauce**
- **Canned vegetables, tomatoes and tomato sauce**
- **Soups**
- **Healthy cereals**
- **Pasta, rice**
- **Dry beans**
- **Financial Donations: \$1 = 4 meals!**

For the safety of those we serve, the NH Food Bank is unable to accept open packages, homemade items, perishable foods, or items with expired dates.