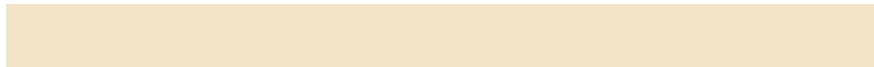




# FOOD & FUND DRIVE

While Second Harvest Northern Lakes Food Bank appreciates every single food donation, we strive to offer a variety of food that helps balance the important nutritional needs of children, seniors, and those with health challenges.



## MOST NEEDED ITEMS

- Protein Items: Tuna or Chicken (canned, packed in water), Peanut Butter
- Vegetables (canned)
- Fruits (in light syrup) or Applesauce (low in sugar)
- Soup (with protein, easy on salt and fat)
- Pasta: Spaghetti, Macaroni, Egg Noodles
- Sauce: Tomato, Spaghetti
- Meals (boxed or canned, easy on salt and fat)
- Juice (100%- cans, plastic containers, or boxes- please no glass)
- Cereal (easy on sugar and fat)
- Snack Items, Cereal Bars (easy on salt, sugar and fat)

