

If you're considering a food donation this year, here are some recommendations:

Fruits & Vegetables:

- Canned Vegetables— Reduced/Low Sodium preferred
- Canned Fruits — In Natural Juices
- Canned Tomato Sauces
- 100% Fruit or Vegetable Juice

Protein:

- Canned Tuna, Chicken, Stews and Chili
- Canned or Dried Beans and Legumes
- Peanut Butter

Grains:

- Pasta, Rice, Cereal and Oatmeal— Whole Grain/Wheat preferred

Other Items:

- Shelf Stable Milk (dry or evaporated)
- Canola or Olive Oil

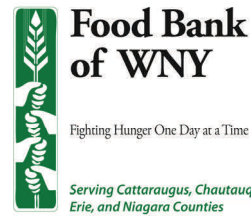
We prefer: Shelf Stable, Non Perishable and Labeled Foods
Please! No Glass Containers

Thank you for joining in the fight against hunger!

For more information on ways to help your community,
please visit www.foodbankwny.org or call (716)852-1305

Location of Food Drive: _____

Date and Time of Food Drive: _____



If you're considering a food donation this year, here are some recommendations:

Fruits & Vegetables:

- Canned Vegetables— Reduced/Low Sodium preferred
- Canned Fruits — In Natural Juices
- Canned Tomato Sauces
- 100% Fruit or Vegetable Juice

Protein:

- Canned Tuna, Chicken, Stews and Chili
- Canned or Dried Beans and Legumes
- Peanut Butter

Grains:

- Pasta, Rice, Cereal and Oatmeal— Whole Grain/Wheat preferred

Other Items:

- Shelf Stable Milk (dry or evaporated)
- Canola or Olive Oil

We prefer: Shelf Stable, Non Perishable and Labeled Foods
Please! No Glass Containers

Thank you for joining in the fight against hunger!

For more information on ways to help your community,
please visit www.foodbankwny.org or call (716)852-1305

Location of Food Drive: _____

Date and Time of Food Drive: _____