



# END HUNGER IN YOUR COMMUNITY PLEASE DONATE

## MOST NEEDED FOODS:



TUNA & CANNED MEATS



PEANUT BUTTER



LOW SODIUM  
SOUPS & STEWS



WHOLE GRAIN,  
RICE, PASTA, OATS



LOW SUGAR CEREAL



100% FRUIT JUICE



CANNED FRUITS &  
VEGETABLES

Forgot your cans? Visit [lowcountryfoodbank.org/givefood](https://lowcountryfoodbank.org/givefood)

