

TOP TEN REQUESTED FOODS

Our goal at Second Harvest Food Bank is to provide the most nutritious food to the neighbors we serve. This list includes foods that are both high in demand and nutritional value.

PEANUT BUTTER



JELLY



PASTA

LOW SUGAR

CEREAL

(10 g or less added sugar)



LOW SODIUM

SOUP

(500 mg or less sodium)

CANNED CHICKEN



CANNED TUNA



(Low sodium or water packed)

COOKING OILS



RICE



SOY MILK

(Shelf stable, unsweetened, unflavored)



WANT TO MAKE AN EVEN GREATER IMPACT?

Make a monetary donation to stretch your dollars even further! We can purchase foods at a lower price, meaning more nutritious food for those in need.

Please only donate nonperishable, non-expired products that are in boxes, cans, or plastic. All items should be recently purchased and in good condition.