



LOAVES & FISHES

Groceries for Neighbors in Need

Nutritious Foods To Donate

FRUIT/VEGGIES

No Sugar Added Canned Fruit

Low Sodium/No Salt Veggies

Dried Fruits



GRAINS

Whole Wheat Pasta

Whole Grain Bread

Brown Rice

Whole Oats



DONOR DOLLARS

Funds are used to purchase:

Fresh fruit

Fresh vegetables

Eggs, milk, cheese



PROTEIN

Canned meats in water

Nut butters

Nuts & Seeds

Low Sodium Bean