



## **Food Drive Items Most Needed**

The following is a list of food items most needed by the programs served by the Houston Food Bank. Please choose plastic containers or canned items rather than glass.

Protein Items:

- Canned tuna or chicken, packed in water
- Canned stews and pasta/meat, easy on salt and fat

Peanut Butter

Canned fruits in light syrup, natural applesauce

100% juice cans or boxes (no glass please)

Canned vegetables, tomatoes, tomato sauce

Soups with meat and/or beans, meal-in-a-can, easy on salt and fat

Cereals and cereal bars, easy on sugar and fat

Pasta, spaghetti, macaroni, noodles

Packages of dry beans

For the safety of those we serve, the Houston Food Bank is unable to accept: open packages, baby food, homemade food items, perishable foods, or items with "expired" dates.

For more information, call the Houston Food Bank's Department of Nutrition Services: 713-223-3700.

Thank you for helping the Food Bank help our community.