

Food Drive Most Needed Items

Make the biggest impact with your food drive by donating some of the most needed items

Host a Food Drive

The Houston Food Bank feeds 800,000 hungry people each year by distributing food through 1500 community partners in 18 southeast Texas counties.

Hosting a food drive is fun and easy.

1. Register your food drive at:
www.houstonfoodbank.org/fooddrive
2. Pick up food drive supplies (boxes/bins)
3. Start collecting

Most Needed Items

To ensure our neighbors in need get the most nutritious food possible, our Nutrition Services Department recommends the following using the MyPlate nutrition guide to select nutritious, nonperishable foods:

- Canned green vegetables (green beans, spinach, collard greens) no salt added
- Canned tomatoes, no salt added
- Canned beans, no salt added
- Canned tuna, salmon, chicken, sardines
- Canned fruits in water or juice
- Whole grain pasta, quinoa, brown rice
- Salt-free seasonings



Canned Green Vegetables
(no salt added)



Canned Tomatoes
(no salt added)



Canned Fruit
(in water or juice)



Canned Beans
(no salt added)



Whole Grain Pasta,
Quinoa, Brown Rice



Canned Tuna,
Salmon, Chicken, Sardines
(in water)



Salt-Free
Seasonings

For the safety of those we serve, the Houston Food Bank is unable to accept:

- Open packages
- Baby food
- Homemade food items
- Items with "expired" dates
- Perishable foods

Thank you for helping the Houston Food Bank help our community.

For more information please contact Sean Crowl, Community Engagement Coordinator at 832-369-9315 or email SCrowl@houstonfoodbank.org www.houstonfoodbank.org/fooddrive