

Most Needed Items

Support your southeast Texas neighbors

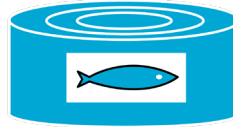
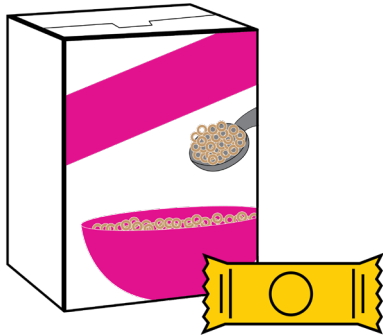
Most Needed Items

While we at the Houston Food Bank work to respond and assess the extent of the need, you can help by donating most needed items. Your efforts make an enormous difference in the amount and variety of foods we are able to distribute to our neighbors in the Houston area.

- Water
- Crackers
- Granola bars and other protein snacks
- Canned tuna – preferably pull top
- Cereal
- Canned soup and ravioli – preferably pull top

Other Needed Items

- Paper towels
- Toilet paper
- Paper plates/cups/utensils
- Cleaners



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



Canned Green
Vegetables
(no salt added)



Canned Fruit
(in water or juice)



Canned Beans
(no salt added)

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

- Open packages
- Baby food
- Mattresses
- Homemade food items
- Items with “expired” dates
- Furniture
- Perishable foods
- Clothes

Secure monetary donations can be made at www.houstonfoodbank.org/donatenow
Industry partners can email donateASAP@houstonfoodbank.org

Your support now ensures the Food Bank can continue to respond in times of need. Donations will be used for disaster relief until this year’s needs are met, and any remaining funds will support ongoing hunger-relief efforts in our community.

Funds to also help cover transportation and logistics needs.

Donating Allergen-Free Foods

MOST NEEDED ITEMS

While we at the Houston Food Bank work to respond and assess the extent of the need, you can help by donating most needed items. Your efforts make an enormous difference in the amount and variety of foods we can distribute to our neighbors in the Houston area. Please also consider donating allergen-free foods for people with allergies.

WHAT IS FOOD ALLERGY? A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious. Breathing difficulties, trouble swallowing or speaking, and feeling dizzy or faint are symptoms of anaphylaxis, and you must call 911.

TOP 9 ALLERGENS:

1. Eggs
2. Fish
3. Milk
4. Sesame
5. Shellfish
6. Soy
7. Peanuts
8. Tree nuts
9. Wheat

Pro Tip: Check the ingredients label to see if an item contains any of these allergens. All allergens will be labeled and bolded at the bottom of the ingredients.

HERE ARE SOME ALLERGEN-FREE FOOD ITEMS:

- Replace wheat crackers with rice crackers and rice cakes.
- Replace granola bars containing nuts with wheat-free and nut-free bars. Example: "Oats and Honey Toasted Coconut KIND bar," "Plum Organics Mighty Morning Apple Cinnamon Bar," "Annie's Organic Original Crispy Snack Bars."
- Replace peanut butter with Sun butter (sunflower) or Wow Butter (soy).
- Replace cereal with rice cereal such as Rice Krispies, Cheerios, and Chex (except Chex Wheat).

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