

# houston**food**bank

# Most Needed Items

## Support Your Southeast Texas Neighbors

Every donation makes a difference. By giving the items we need most, you help Houston Food Bank provide essential, nourishing support to your neighbors in the 18 counties we serve.

### Most Needed Items

#### **Shelf-Stable Snacks:**

Granola bars, crackers, trail mix, nuts, dried fruits

#### **Canned goods (Low sodium, pull top preferred):**

Meats, fruits, vegetables, pastas, beans, soups

#### **Drinks:**

Water, sports drinks, shelf-stable milk, shelf-stable juice (*low sugar*)

#### **Personal Hygiene:**

Toothpaste, toothbrush, feminine hygiene, deodorant, toilet paper

#### **Household Cleaning Supplies:**

Bleach, laundry detergent, disinfectant



### **For the safety of our neighbors and to support our food distribution efforts, we cannot accept these items for food drives:**

- Open Packages
- Homemade food items
- Perishable foods
- Furniture
- Clothing
- Baby food
- Tobacco
- Alcoholic beverages
- THC, CBD, and THC-related products
- Any drug related paraphernalia

**Secure monetary donations can be made at [houstonfoodbank.org/donatenow](https://houstonfoodbank.org/donatenow)**  
**Companies with products can email [donateASAP@houstonfoodbank.org](mailto:donateASAP@houstonfoodbank.org)**

*Your support now ensures Houston Food Bank can continue to respond in times of need.  
Donations will be used to support ongoing hunger relief efforts in our community.  
Funds to also help cover transportation and logistics needs.*

**A gift of \$10 provides 30 meals for a hungry child, senior, or adult**

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*This institution is an equal opportunity provider*