

MOST NEEDED FOOD BANK ITEMS

PEANUT BUTTER

CANNED PROTEIN
(CHICKEN, TUNA, SPAM)

CANNED RAVIOLI

CANNED FRUITS
(NO SUGAR ADDED OR PACKED IN 100% FRUIT JUICE)

CANNED VEGETABLES
(LOW OR NO SODIUM)

DRY OR CANNED BEANS
(LOW SODIUM)

CEREAL
(WHOLE GRAIN OR 100% WHOLE WHEAT - BOXED)



Artículos más necesarios del banco de comida

Crema de cacahuete

Proteína Enlatada

Ravioles enlatados

Frutas enlatadas

Vegetales enlatados

Frijoles secos o enlatados

Cereal



St. Mary's
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