



Most Needed Food Drive Items

No glass containers please | No medications or alcohol

- **Peanut** (or nut-free) **Butter**
 - Sunflower butter
- **Canned Proteins**
 - Tuna
 - Chicken
 - Salmon
 - Beans
- **Canned Fruits**
 - Peaches
 - Pears
 - Pineapple
- **Canned Vegetables**
 - Green beans
 - Corn
 - Mixed Veggies
- **Canned Soups**
 - Beef stew
 - Chicken noodle
 - Chili
- **Staple Items**
 - Rice
 - Dry beans
 - Dry pasta
 - Cereal



1.2 POUNDS OF FOOD = 1 MEAL

For more information, please contact
FoodDrives@SecondHarvestETN.org or (865) 521-0000

THANK YOU FOR YOUR SUPPORT!