






# FOOD DRIVE



**Falls Area**  
**FOOD PANTRY**

*This institution is an equal opportunity provider.*

## Preferred Food Items

<p><b>FRUITS</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Peaches</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Pineapple</li> <li><input type="checkbox"/> Mandarin Oranges</li> <li><input type="checkbox"/> Fruit Cocktail</li> <li><input type="checkbox"/> Apricots</li> <li><input type="checkbox"/> Applesauce (in containers)</li> <li><input type="checkbox"/> Dried Fruit</li> </ul> <p style="text-align: center;"><b>Canned in 100% fruit juice, unsweetened preferred</b></p>
<p><b>VEGETABLES</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tomatoes</li> <li><input type="checkbox"/> Tomato/Spaghetti Sauce</li> <li><input type="checkbox"/> Peas</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Corn</li> <li><input type="checkbox"/> Green Beans</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Beets</li> </ul> <p style="text-align: center;"><b>Canned 'No Salt' OR 'Low Sodium' preferred</b></p>
<p><b>GRAINS</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole Grain Pasta</li> <li><input type="checkbox"/> Brown Rice</li> <li><input type="checkbox"/> Rice Mixes</li> <li><input type="checkbox"/> Oatmeal</li> <li><input type="checkbox"/> Low-Sugar Cereal</li> </ul> <p style="text-align: center;"><b>Whole grain preferred</b></p>
<p><b>PROTEIN</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Canned Chicken</li> <li><input type="checkbox"/> Canned Tuna</li> <li><input type="checkbox"/> Canned Ham</li> <li><input type="checkbox"/> Canned Beans (Red, Navy, etc.)</li> <li><input type="checkbox"/> Chunky Soups</li> <li><input type="checkbox"/> Progresso-style Soups</li> <li><input type="checkbox"/> Peanut Butter</li> </ul> <p style="text-align: center;"><b>Canned 'No Salt' OR 'Low Sodium' preferred</b></p>
<p><b>DAIRY/OTHER</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Canned or Boxed Skim Milk</li> <li><input type="checkbox"/> Canned or Boxed 1% Milk</li> <li><input type="checkbox"/> Boxed Almond Milk</li> <li><input type="checkbox"/> Boxed Soy Milk</li> <li><input type="checkbox"/> Gluten Free Foods</li> </ul> <p style="text-align: center;"><b>Shelf-stable cans or boxes</b></p>

**PLEASE DO NOT DONATE OUTDATED ITEMS.**  
**THANK YOU!**

*Thank you for your support!*