



## Most Needed Items

### General Grocery

Canned Protein  
(tuna, salmon, chicken)

No sugar-added canned fruit

Ready-to-Eat soups

Dried fruit

Spaghetti sauce

Whole Wheat Pastas

Instant and Whole Oatmeal

Whole Grain Cereals

Rice, Couscous & Grains

Corn Muffin Mix

Canned Tomatoes

### Personal Care Items

Toilet paper

Toothpaste

Shampoo

Household cleaners

Kleenex

Deodorant

Body Wash



**VIRTUAL  
FOOD  
DRIVE**

You click.  
Families eat.

**Loaves & Fishes**  
Community Services

**SORRY** WE CANNOT  
ACCEPT

Candy • Soda • Energy Drinks

**loaves-fishes.org**  
volunteer • donate • support

