

TOP 10 MOST NEEDED FOODS

Our goal at Second Harvest Food Bank is to provide the most nutritious food to the neighbors we serve.

This list includes foods that are both high in demand and nutritional value.

PASTA



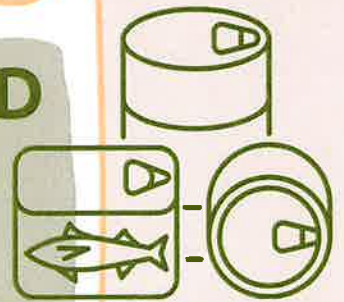
**LOW SUGAR
CEREAL**
(10 g or less added sugar)

**CANNED
CHICKEN**



OATS

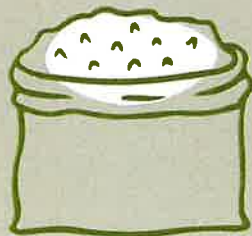
**CANNED
TUNA**
(in water)



**COOKING
OIL**



RICE



**LOW SODIUM
SOUP**
(500 mg or less sodium)



**PEANUT
BUTTER**



JELLY



Please donate products that are in boxes, cans, or plastic and do not require refrigeration. All items should be recently purchased and in good condition.

Want to make an even greater impact?

Make a monetary donation to stretch your dollars even further. We can purchase foods at a lower price, meaning more food for those in need.

 **Second Harvest
FOOD BANK**
of the Lehigh Valley and Northeast Pennsylvania