

TOP 10

MOST NEEDED FOODS

It's our goal at Second Harvest Food Bank to provide the most nutritious food to the neighbors we serve. This list includes foods that are both high in demand and nutritional value. While we accept all items, we ask that you focus efforts on the following list.

PASTA



SOY MILK

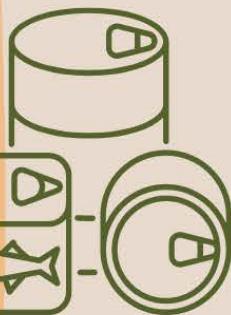
(shelf stable, unsweetened, unflavored)

LOW SUGAR CEREAL



(10 g or less added sugar)

CANNED CHICKEN



CANNED TUNA

(low sodium or water packed)

COOKING OILS



RICE



PEANUT BUTTER



LOW SODIUM SOUP

(500 mg or less sodium)



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