

# 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



### LOW SUGAR CEREAL

(10 g or less added sugar)



### CANNED CHICKEN

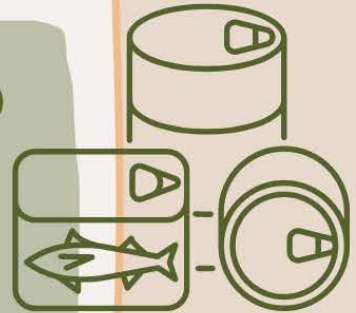


### SOY MILK

(shelf stable, unsweetened, unflavored)

### CANNED TUNA

(low sodium or water packed)



### COOKING OILS



### 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