

# What items should I donate to a food drive?



Healthy bodies and minds require nutritious meals to thrive! When choosing items to donate, keep nutrition in mind to help ensure the good health of those in need.



Canned Fish & Lean Meats



Healthy Soups & Stews



Dry or Canned Beans



Whole Grain Pasta, Rice & Cereal



Canned Fruits & Vegetables



Peanut Butter & other Nut Butters

“Thanks to Second Harvest, I'll be able to feed the kids and then I'll be able to use more money to get bills paid off.”

-Antonia

