

Shopping List

Not sure what to donate to the Food Bank?
Check out this list of our most needed items.

Needed Items

- Canned Fish or Meat
- Peanut Butter
- Canned Low-Sodium Soups or Stews
- Canned or Dry Beans
- Canned Fruits in Juice
- Canned Low-Sodium Vegetables

Healthy bodies and minds require nutritious meals to think! We encourage our food donors to give the most nutritious items whenever possible, to ensure we are contributing to the good health of people struggling with hunger, and to help SHMETROLINA reach its goal of increasing the amount of nutritious food distributed. Use this list to determine what to buy for your food drive and share it with other food drive participants.