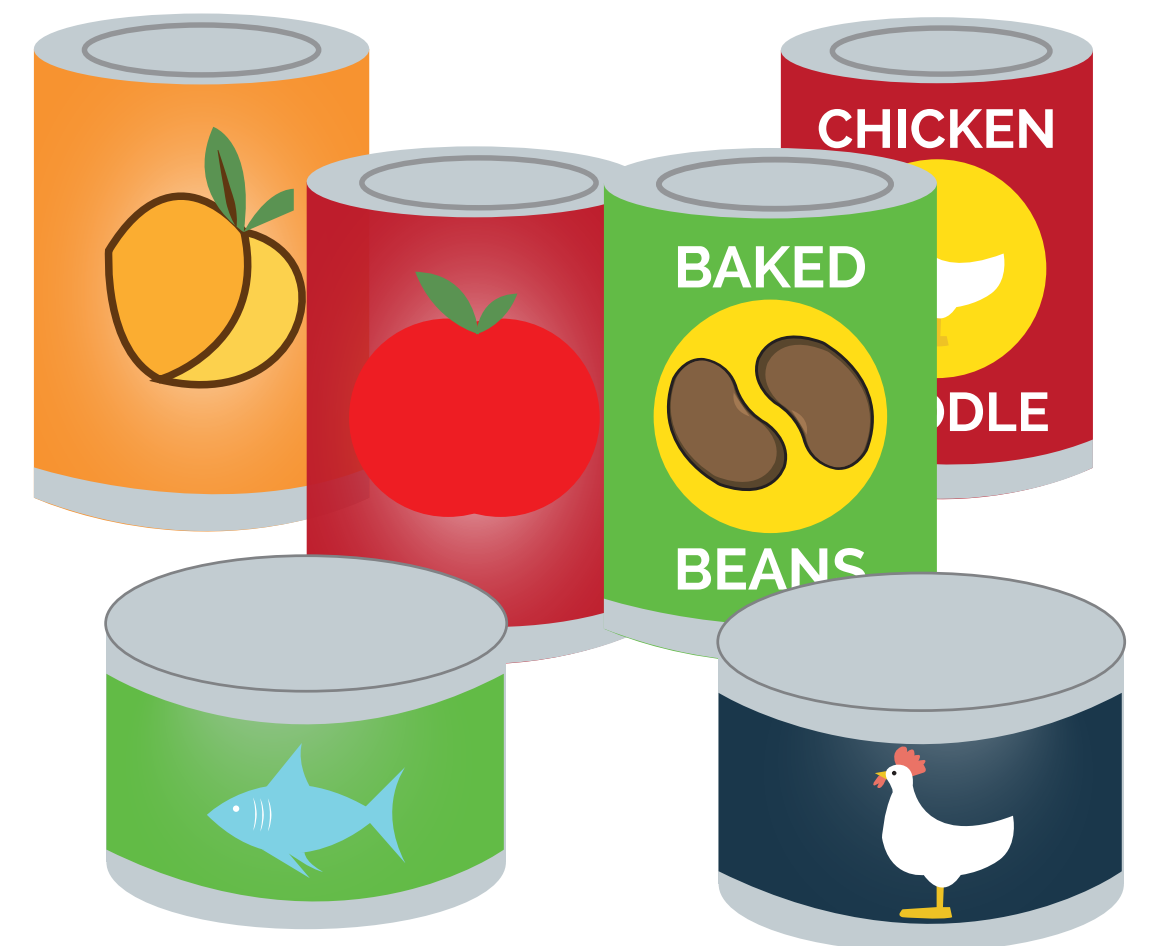


FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA FOOD DRIVE MOST NEEDED ITEMS

CANNED GOODS

- **Canned Fruits**
(peaches, pears, oranges, pineapple, fruit cups, etc.)
- **Canned Vegetables**
(tomatoes, green beans, carrots, corn, yuca, etc.)
- **Canned Meats**
(chicken, salmon, tuna, pork, etc.)
- **Canned Beans**
(pinto, black, kidney, cannellinis, chickpeas, baked beans, etc.)
- **Canned Soup**
(tomato, beef stew, chicken noodle, sopas de fideo, etc.)
- **Canned Dairy**
(evaporated milk, sweetened condensed milk, media crema, coconut milk, etc.)



DRY GOODS

- **Cereal & Oatmeal**
- **Pastas** (spaghetti, mac and cheese, bowtie, etc.)
- **Rice** (brown, white, wild, instant, etc.)
- **Lentils** (green, red, brown, etc.)
- **Nut butters** (peanut, almond, hazelnut spread, etc.)
- **Nuts, seeds, trail mix, and granola bars**
- **Baking** (flour, maseca, cocoa, cajeta, sugar, etc.)
- **Oils** (olive, canola, vegetable, corn, etc.)
- **Herbs & Seasonings** (pepper, cumin, garlic, onion, paprika, italian, knorr suiza, adobo, chicken bouillon, oregano, salt, cinnamon, chili powder, tumeric, etc.)
- **Dried Fruit** (raisins, apricots, craisins, prunes, etc.)
- **Dried Beans** (pinto, black, chickpeas, split peas, etc.)
- **Beverages** (instant tea, coffee, drink mixes, juice, water, shelf-stable milk, etc.)



NON-FOOD ITEMS

- **Paper Products**
(toilet paper, paper towels, tissues, diapers (adult and baby), wipes, etc.)
- **Hygiene Products**
(soap, toothpaste, toothbrushes, hand sanitizer, shampoo, deodorant, etc.)
- **Cleaning Products**
(detergent, disinfectant sprays and wipes, sponges, bleach, trash bags, mops, etc.)



foodbank
OF CENTRAL & EASTERN NORTH CAROLINA

Pop top cans & microwavable cups preferred.
Low sodium. Low trans fat. Sugar free. No glass.
For more information, visit foodbankcenc.org/fooddrives.