

Second Harvest Food Bank of Northwest NC

Most Needed Items

Proteins	Milk	Grains	Fruits & Vegetables
Canned lean meats, a good source of low-fat protein, and canned or dry beans, a good source of fiber.	Shelf-stable low-fat dairy products fortified with vitamin D.	Non-perishable whole grains.	Canned or dry fruits and vegetables in an array of colors to ensure a variety of vitamins and minerals.
Canned tuna	Dry milk	Oatmeal	Canned vegetables
Canned salmon	Evaporated milk	Whole grain crackers	Vegetable juice
Canned chicken	Boxed shelf-stable milk	All types of pasta	Diced tomatoes
Canned bean soup		Low sugar/high fiber cereal	Spaghetti sauce
Canned baked beans		Whole grain rice	Canned fruit
Dried and canned beans and peas		Flour	Fruit juices
Canned chili & beef stew			Dried fruit
Peanut butter			Shelf-stable fruit cups
Nuts			

Most needed NON-FOOD items include:

- Deodorant
- Disposable Diapers
- Shampoo
- Toilet Paper and Paper Towels
- Toothpaste