

## Most Needed Items

Second Harvest accepts nearly all types of food product, including nonperishable items and produce. Due to the volume of donations, we prefer non-glass containers for safety reasons. When collecting food for your drive, please also consider nutritional food items that are low in sodium/salt and sugar.

### GRAINS

Breakfast cereal  
Oatmeal  
Pasta  
Rice  
Crackers  
Flour  
Grits  
Healthy snacks

### FRUITS AND VEGETABLES

Canned vegetables  
Canned fruits  
Shelf-stable vegetable or fruit juice  
Diced tomatoes  
Tomato sauce  
Spaghetti sauce  
Dried fruits  
Fruit cups

### PROTEINS

Canned meat (tuna and chicken)  
Dried beans, lentils or peas  
Canned beans  
Canned chili  
Peanut butter  
Nuts  
Trail mix  
Canned soups/stews



### COOKING OIL

Olive oil  
Canola oil  
Coconut oil  
Vegetable oil



### HOUSEHOLD ITEMS

Paper products  
Diapers  
Toiletries  
Bottled water  
Cleaning products  
Disaster supplies (MRE's, emergency kits, etc.)  
Coffee

### MILK

Shelf-stable milk  
Evaporated milk  
Dry milk

