

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



# MOST NEEDED ITEMS

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While we continue to accept items outside of this list, we kindly ask you to focus your efforts with these items in mind so, together, we can have the maximum impact for individuals facing hunger.



**LOW-FAT, BOXED, & NON-REFRIGERATED MILK**



**RICE**



**CANNED VEGETABLES (Low Sodium/No salt added)**



**OLIVE OIL (No glass jars, please)**



**CEREALS AND OATMEAL**



**CANNED FRUITS (Low sugar/No sugar added)**



**TOMATO SAUCE (No glass jars, please)**



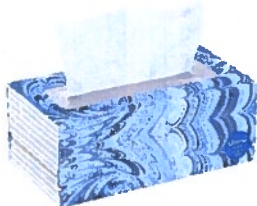
**CANNED MEAT, POULTRY, HAM & FISH**



**PEANUT BUTTER**



**JELLY, JAM, & SPREADABLE FRUIT**



**TISSUES**



**TOILET PAPER**



**CANNED MEALS**

We kindly ask that you donate products that are in boxes, cans, or plastic bottles, and do not require refrigeration. To promote healthy eating, we ask for items that are low in sugar/sodium and free of high fructose corn syrup. Please, no glass jars. For more information, visit [www.licares.org](http://www.licares.org)