

FEEDING HUNGER FEEDING HOPE



HARVESTERS' MOST NEEDED ITEMS

Canned vegetables
(low sodium)

Canned fruits in
100% juice

Dried fruit (no added
sugar preferred)

Canned chicken, tuna,
salmon (packed in water)

Brown rice

Whole grain pasta

Dried beans or canned
low sodium beans

Peanut, almond,
or sun butter

Canned soup (chicken,
tomato or vegetable)

Cereal – hot and cold
(whole grain, low sugar
preferred)

Household Products



WWW.HARVESTERS.ORG

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