



Support people in need by donating the following items:

- canned meats (tuna, ham, chicken)
- canned soup
- canned or dried fruits
- canned vegetables
- dried beans, rice & cereal
- peanut butter
- powdered milk
- infant formula
- packaged nuts and seeds
- dried pasta

We are unable to accept: glass jars, including baby food, home canned or baked products.

Thank you for your support!

[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)