



## Help Fight Hunger in Greensboro, NC

When you are buying groceries you can do a lot of good by bringing home something to donate. Please select one or more canned or non-perishable food items such as:

### Protein Sources

- Tuna, Salmon, etc.
- Beef Stew, Spam, Corned Beef
- Peanut Butter, 18 oz.

### Vegetables

- Greens, e.g. Turnip, Mixed Vegetables
- Peas (green)
- Tomatoes, Corn, Green Beans

### Fruits

- Peaches, Pears, Fruit Cocktail, Applesauce

### Other Items

- Soups
- Sugar, 2 lbs.
- Dry milk
- Oatmeal, 18 oz.
- Macaroni & cheese
- Bags of dry beans
- Rice, 1 lb. or larger bags

### Dietary Supplements

- Ensure

Please Note!

No glass containers or open packages