

SOUTHEASTERN VIRGINIA AND THE EASTERN SHORE FOODBANK

Low Fat – Low Sodium – Low Sugar Products Preferred

Lean Canned Protein – Peanut Butter, Tuna, Chicken, Turkey, Beans

Fruits & Vegetables – Canned Fruits, Canned Vegetables, Pasta Sauce, 100% Fruit Juice

Whole Grains – Cereal, Pasta, Oatmeal, Rice, Crackers

Boxed Meals – Soups, Stews, Boxed Meals, Canned Pasta

Baby Products – Formula, Baby Food, Diapers, Wipes

Personal Hygiene – Adult Diapers, Shampoo, Body Wash, Deodorant, Toothbrush/Toothpaste, Feminine Hygiene Items, Toilet Paper

Please Remember:

Non-perishable food

Non-breakable containers

Nutritional labels intact

Check dates – product is good for 6 months past the Best By, Sell By or Use By Date