

MOST NEEDED ITEMS

While Second Harvest Heartland appreciates every single food donation, we strive to offer a variety of food that helps balance nutritional intake and cultural-specific diets, especially important for children, seniors, immigrants and those with health challenges.



**CANNED MEAT:
CHICKEN, TUNA
OR SALMON**

**PEANUT
BUTTER**

**CANNED FRUITS
& VEGETABLES**

**INSTANT
POTATOES
& RICE**

**CEREAL AND
OATMEAL**

**LOW-SUGAR,
LOW-SODIUM,
GLUTEN-FREE**



second harvest
HEARTLAND

Food changes everything.™