

MOST NEEDED ITEMS

While we appreciate every single food donation, we strive to offer a diversity of food that helps balance nutritional intake and diet, especially important to children, seniors, immigrants and those with health challenges. Second Harvest Heartland also offers various household products that provide families with additional assistance in making ends meet.



MEATS, FISH AND PROTEIN

Canned tuna, ham or chicken, beef stew, chili, peanut butter, canned/dried beans



FRUITS AND VEGETABLES

100% fruit juice, canned fruits and vegetables, instant potatoes



COMPLETE MEALS

Pasta and sauce, boxed meals, hearty soups



GRAINS

Cereal, rice



SPECIAL DIET FOODS

Low-sodium, low-sugar, gluten-free



PERSONAL CARE PRODUCTS*

Shampoo, deodorant, soap, diapers, toilet paper, feminine hygiene, toothpaste



CLEANING SUPPLIES*

Laundry detergent, paper towels, kitchen and bathroom cleaners

*For safety, please keep separate from food donations

