



MOST NEEDED ITEMS

Please no glass containers, perishable items, or home-canned foods. Thank you for your generosity!



**CANNED FRUITS
& VEGETABLES**



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



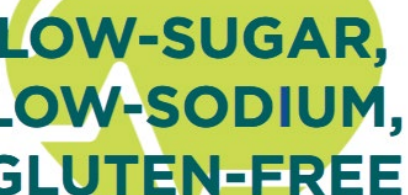
**PEANUT
BUTTER**



**INSTANT
POTATOES
& RICE**



**CEREAL AND
OATMEAL**



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



second harvest
HEARTLAND

Food changes everything.™