



Blue Ridge Area **FOOD BANK**

Everyone should have enough to eat.



Most Needed Items

NO GLASS PLEASE!



CANNED FRUITS & VEGETABLES

(low sugar/sodium)



PROTEINS

nut butters, canned tuna/chicken,
canned or dry beans



GRAINS

cereal, pasta, rice,
oatmeal, mac & cheese



MEAL MAKERS

soups, stews, chilis, pasta sauce
(low sodium)



COOKING OILS, DRIED HERBS & SPICES



NON-FOOD ITEMS

toilet paper, toothpaste, soap,
toothbrushes, feminine hygiene products,
baby formula, diapers, baby food



Thank You!

www.brafb.org



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