

EASTSIDE'S MONTH OF CONCERN FOR THE HUNGRY



Join your neighbors and friends to help fill our local foodbank shelves, and feed your neighbors in need.



ITEMS MOST NEEDED

- Peanut butter
- Canned vegetables
- Canned fruit
- 100% fruit juice
- Dry pasta
- Canned spaghetti sauce
- Cereal/Oatmeal
- Canned stew
- Chili
- Canned soup
- Canned beans
- Canned meat and tuna
- Rice
- Dried Beans
- 1 qt envelopes of powdered milk
- Vegetable oil
- Macaroni and cheese
- Jars of baby food (1st & 2nd foods only, please)
- Nutrition shakes (Ensure, Boost, etc.)

Log on to find locations:

www.eastsideforum.org/fooddrive/

Donation sites located throughout East King County.

