Join Food Bank For New York City to help provide missed meals this summer. Donate food and personal care items from the list below to feed children in need.

1 in 5 NYC children rely on a soup kitchen or food pantry to eat.

Your donation provides critically needed non-perishable food and other essentials for the 1.4 million New Yorkers who rely on Food Bank and our network of soup kitchens and food pantries across the five boroughs.

**PREFERRED ITEMS LIST**

**Vegetables**
- Canned Vegetables
- Tomato Sauce
- Vegetable Soups
- Broth

**Fruits**
- Canned Fruits (in juice or light syrup)
- Dried Fruits
- 100% Fruit Juices

**Grains**
- Rice (white, brown, flavored)
- Pasta/Noodles
- Cold Cereal
- Hot Cereal (grits, oatmeal, farina)
- Flour/Cornmeal/Baking Mixes
- Whole Grain Crackers
- Couscous

**Proteins**
- Beans (canned or dry)
- Peanut Butter
- Nuts
- Canned Meat (chicken, beef, ham)
- Canned Fish (tuna, salmon, sardines)
- Canned Stews (chicken or beef)

**Dairy**
- Dry Milk packets
- Shelf-stable milk
- Soy/Almond/Rice Milk

**Specialty Items**
- Cereals
- Nutrition Beverages (e.g. Boost, Ensure)
- Granola Bars

**NO OPENED OR USED PRODUCTS**

**Feminine Hygiene and Personal Care Products:** Diapers, Sanitary Pads, Tampons

**HOSTED BY:**

**CONTACT:**

Food Bank For New York City
foodbanknyc.org

Facebook: FoodBankNYC
Twitter: FoodBank4NYC

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