

# Food Drive

DONATED ITEMS BENEFIT YOUR LOCAL FOOD BANK

## Full of Heart

### Most Needed Items List

#### NO GLASS JARS PLEASE!

Your consideration to these special needs is greatly appreciated!  
These items help us meet the needs of our neighbors with heart health concerns.

#### Food Items labeled as “Heart Healthy”:

*100% Juice (No heavy syrup)*

*No sugar added*

*Good Source of Fiber*

*American Heart Association Certified*

*Fat Free or Low Fat Products*

*Low Sodium*

*Whole Grain*

#### OTHER COMMONLY REQUESTED ITEMS:

Canned Tuna or Chicken

Peanut Butter

Cereal (preferably whole grain)

Canned Fruits & Vegetables

Macaroni & Cheese

Boxed Meals (Hamburger Helper, etc)

Canned Meals (Stew, Ravioli, etc)

**WESTMORELAND**  
**FOOD BANK**

Monetary donations are always welcome  
[westmorelandfoodbank.org](http://westmorelandfoodbank.org)



# Food Drive

DONATED ITEMS BENEFIT YOUR LOCAL FOOD BANK

## Tailored Tastes

Most Needed Items List  
**NO GLASS JARS PLEASE!**

Your consideration to these special needs is greatly appreciated! These items help us meet the needs of our neighbors with Dietary Restrictions.

### Items that meet dietary restrictions:

*Sugar Free*

*Gluten Free*

*Lactose Free*

*Dairy Free*

*Keto Friendly*

### OTHER COMMONLY REQUESTED ITEMS:

Canned Tuna or Chicken

Peanut Butter

Cereal (preferably whole grain)

Canned Fruits & Vegetables

Macaroni & Cheese

Boxed Meals (Hamburger Helper, etc)

Canned Meals (Stew, Ravioli, etc)

**WESTMORELAND  
FOOD BANK**

Monetary donations are always welcome  
[westmorelandfoodbank.org](http://westmorelandfoodbank.org)



# Food Drive

DONATED ITEMS BENEFIT YOUR LOCAL FOOD BANK

## Culture Cravings

Most Needed Items List  
NO GLASS JARS PLEASE!

Your consideration to these special needs is greatly appreciated!  
These items help us provide foods that meet the specific cultural needs of our neighbors.

### Foods that are Culturally Relevant:

*Spices*

*Olive oil*

*Ghee*

*Dried Fruit*

*Nuts*

*Grains*

*Hot Breakfast Cereals*

#### OTHER COMMONLY REQUESTED ITEMS:

Canned Tuna or Chicken

Peanut Butter

Cereal (preferably whole grain)

Canned Fruits & Vegetables

Macaroni & Cheese

Boxed Meals (Hamburger Helper, etc)

Canned Meals (Stew, Ravioli, etc)

**WESTMORELAND**  
**FOOD BANK**

Monetary donations are always welcome  
[westmorelandfoodbank.org](http://westmorelandfoodbank.org)



# Food Drive

DONATED ITEMS BENEFIT YOUR LOCAL FOOD BANK

## Meals in a Moment

Most Needed Items List  
**NO GLASS JARS PLEASE!**

Your consideration to these special needs is greatly appreciated!  
These items help us provide food and other items to our neighbors who are currently unhoused.

**Items that are suitable:**

*Meals in Pop Top Cans*

*Microwaveable Meals*

*Single Serve Snacks*

*8 oz. Shelf Stable Milk*

*Cereal Cups*

*Travel and Full Sized Toiletries*

*Disposable Plates, Bowls, & Utensils*

*Can Openers*

**OTHER COMMONLY REQUESTED ITEMS:**

Canned Tuna or Chicken

Peanut Butter

Cereal (preferably whole grain)

Canned Fruits & Vegetables

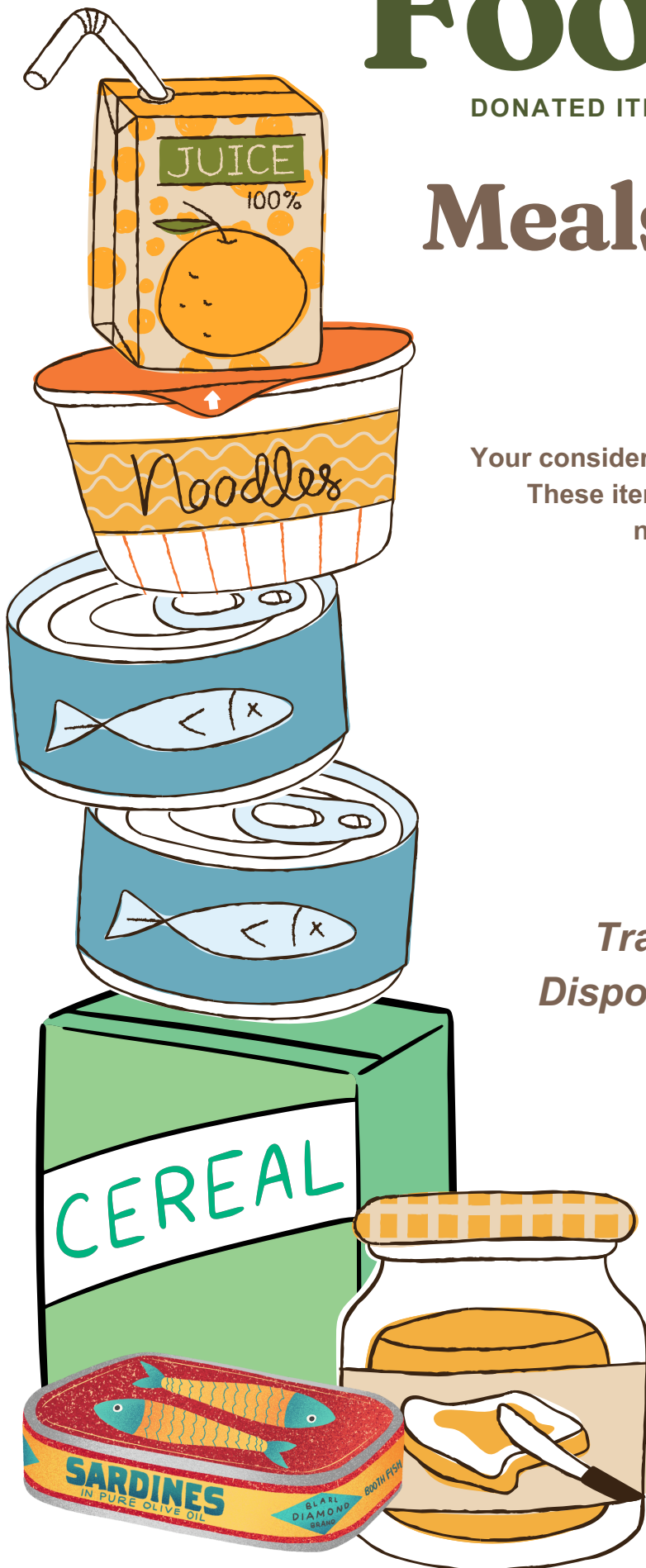
Macaroni & Cheese

Boxed Meals (Hamburger Helper, etc)

Canned Meals (Stew, Ravioli, etc)

**WESTMORELAND  
FOOD BANK**

Monetary donations are always welcome  
[westmorelandfoodbank.org](http://westmorelandfoodbank.org)



# Food Drive

DONATED ITEMS BENEFIT YOUR LOCAL FOOD BANK

## Kids Cupboard

Most Needed Items List  
**NO GLASS JARS PLEASE!**

Your consideration to these special needs is greatly appreciated!  
These items help us provide snacks to After School Programs.

### After School Snack Ideas:

*Apple Sauce (Cups or Pouches)*

*Fruit Cups*

*Granola Bars*

*Veggie Straws*

*Pretzels*

*Crackers*

*Rice Crisps*

#### OTHER COMMONLY REQUESTED ITEMS:

Canned Tuna or Chicken

Peanut Butter

Cereal (preferably whole grain)

Canned Fruits & Vegetables

Macaroni & Cheese

Boxed Meals (Hamburger Helper, etc)

Canned Meals (Stew, Ravioli, etc)

**WESTMORELAND**  
**FOOD BANK**

Monetary donations are always welcome  
[westmorelandfoodbank.org](http://westmorelandfoodbank.org)

