



# LET'S CAN HUNGER!

September is Hunger Action Month!!

Together We CAN Make a Difference!

## Most Wanted Items

Peanut Butter & Jelly  
Canned Veggies & Fruit  
Soups, Stews, & Chili  
Pasta Sauce & Gravy  
Coffee, Tea, Hot Chocolate  
Shelf Stable Milk & Juice  
Baby Food & Formula  
Household Cleaning Items

Cereal & Oatmeal  
Pasta & Rice  
Ravioli & Spaghetti O's  
Condiments & Spices  
Healthy Snacks  
Tuna, Chicken, Ham  
Gluten Free Items  
Personal Care Items

*Thank you for helping us fight hunger in your neighborhood!  
Please no glass containers or expired food!*



**Food Drive Date:** \_\_\_\_\_

*For more information on how you can help visit*

**[www.mvfb.org](http://www.mvfb.org)**