



# 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](http://www.brafb.org)