



Unitarian Universalist
Church of Charlotte



Top Ten Most Wanted Food Items

Beef Stew	100% Fruit Juices
Peanut Butter	Canned Fruits
Macaroni & Cheese	Canned Vegetables
Tuna	Soups
Dry Beans	Cereals

Non-food items are also greatly appreciated. The most needed are:

Paper Products	Cleaning Supplies
Diapers	Personal Hygiene Items

MOST NEEDED BACKPACK FOOD ITEMS:

1. Peanut Butter
2. Canned Tuna
3. Canned Chicken
4. Canned Fruit Cocktail
5. Canned Ravioli
6. Canned Spaghetti -n- Meatballs
7. Canned Peaches
8. Canned Pork-n-Beans
9. Granola Bars
10. Apple Sauce cups packs
11. Pudding cup packs
12. Box Macaroni -n-Cheese
13. 100% Juice (small plastic bottle)
14. Graham Crackers
15. Cereal (small box size)

In each bag packed:

1. Peanut Butter
2. Canned tuna or chicken
3. Canned fruit cocktail, or other canned fruit, or fruit cups
4. Canned spaghetti -n- meatballs or ravioli or both
5. One box of some type of granola bars
6. Mac & cheese
7. Juice – small containers



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Food Drive Tips

Below is a list of most needed food drive items:

Foods Items

Canned Meats
Canned Fish
Canned Vegetables
Canned Fruits
Chicken
Turkey
Ham
Beef Stew
Tuna
Mackerel
Salmon
Peanut Butter
Pasta
Rice
Deluxe Macaroni & Cheese
Soup
Beans
Corn
Potatoes
Pears
Apples
Peaches

Other Non-food Items

Laundry and Dish
Detergent
Shampoo
Deodorant
Toilet Paper
Diapers
Cleaning Supplies
Personal Hygiene Items

**Remember, \$1 goes a very long way for Second Harvest Food Bank –
so fund drives are a great way to help!**

Financial donations to **Second Harvest Food Bank of Metrolina** are always appreciated and are a great way to multiply your helping. For every \$1 we receive, we provide 6 pounds of food assistance. If you plan to collect money, we would like the names and addresses of all donors so that we may acknowledge their gift. We suggest the following procedures:

- When collecting cash donations, have a legal pad available and ask donors to write their name, address, phone number, and donation amount.
- If people are giving by check, please be sure the donors' name, address, and phone number is on their checks. Checks should be made out to "Second Harvest Food Bank."
- All checks and cash (with donor lists) may then be sent to the Food Bank. Be sure you enclose a note with the name, address, and phone number of your organization and the contact person and the date of the food drive.

Together We CAN End Hunger
Second Harvest Food Bank of Metrolina

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A member of America's Second Harvest – The Nation's Food Bank Network