

Most Needed Food Items

High Plains Food Bank needs the following foods and products*:

- ◆ Canned vegetables (green beans, corn, peas and beans)
- ◆ Canned fruit
- ◆ Canned meat (spam, tuna)
- ◆ Canned soups (chicken noodle, tomato)
- ◆ Canned chili, stews
- ◆ Boxed dinners (Hamburger Helper, macaroni and cheese, etc)
- ◆ Cereal (boxed or bagged)
- ◆ Peanut Butter
- ◆ Rice
- ◆ Pinto beans
- ◆ Pasta, pasta sauce
- ◆ Paper products (toilet paper, paper towels, tissue, napkins, plastic cutlery, paper plates)
- ◆ Hygiene items (soap, shampoo, deodorant, toothbrushes, toothpaste)

**We also have posters available with our most wanted foods for download*



To ensure food safety, High Plains Food Bank cannot use the following:

- ◆ Rusty or unlabeled cans
- ◆ Perishable items
- ◆ Homemade items
- ◆ Non-commercial canned or packaged items
- ◆ Alcoholic beverages, mixes or soda
- ◆ Open or used items



PLEASE NOTE: If you donate glass products, please box or bag them separately and label the box or bag "GLASS" on all sides

Please check <http://www.hpfb.org> for a list of any major recalled food items. HPFB will post any recalled food item that effects our distribution to our Web site if alerted by the Food and Drug Administration (FDA) or Feeding America, our national network of food banks

Did you know that 9,600 people in any given week receive food assistance from the High Plains Food Bank? This is why your food donations are very important!