## your logo here

# FOOD DRIVE ECHONIN Food Bank

Make the biggest impact with your food drive by donating some of the most needed items.

#### **Items Needed Most:**

#### **Protein**

Chicken (canned)

Tuna (canned or packets)

Meat Stew with Vegetables or Beans

Peanut Butter (great protein source

for kids & seniors!)

#### **Canned Pasta**

Pasta with Meat Sauce or Ravioli

#### **Canned Vegetables**

**Green Beans** 

Peas

Carrots

Spinach

Corn

### **Other Items Needed:**

Soups

Canned or Powdered Milk

Macaroni & Cheese

Rice

**Canned Fruits** 

Cereal

**Juices** 

**Dry Pinto Beans** 

**Flour** 

Sugar

Your donation benefits 1 in 6 people struggles with food insecurity (meaning they don't know where their next meal will come from).

With your help, ECHO Food Bank will be able to provide many nutritious meals to people in need!