

ECHO Food Bank

Food Items Needed for Holiday Food Boxes and Emergency Food Boxes:

Please no glass containers or home canned goods

- Peanut Butter**
- Pasta & Sauces
- Canned Vegetables
- Canned Chili or Stew
- Soups
- Canned or Powdered Milk
- Macaroni & Cheese
- Rice**
- Dressing/Stuffing Mix
- Gravy Mix
- Chicken Broth
- Instant Potatoes
- Canned Pumpkin
- Canned Green Beans
- Canned Yams or
canned Sweet
Potatoes
- Tuna**
- Canned Fruits**
- Tuna Helper
- Canned Beans
- Cereal
- Juices
- Dry Pinto Beans
- Flour & Sugar

**Most Needed

Backpacks for Kids Program Items:

Individually Packaged/Easy-to-Open/Kid Friendly

- peanut butter
- canned vegetables & fruit
- boxed milk
- vienna sausages
- individual packets of cereal
- applesauce cups
- spaghetti-os
- pudding cups
- fruit cups
- granola bars
- cereal bars
- ravioli
- tuna packets/kits
- macaroni & cheese cups

Together we can empower our community to thrive!