

FOOD DRIVE

wish list

**Thank you for supporting
SEMO Food Bank & our
neighbors facing hunger!
These are some of our
most-needed items:**

CANNED FRUITS

peaches, pears, mixed, applesauce

CANNED VEGGIES

green beans, corn, carrots, mixed

CANNED PROTEINS

fish, chicken, peanut butter, beans

GRAINS

rice, oatmeal, pasta

JUICE

all sizes & types, including juice boxes

READY-TO-EAT

stew, chili, soups, etc.

CEREAL

cheerios, cornflakes, raisin bran

HOUSEHOLD ITEMS

paper products, cleaning supplies, etc.

SNACKS

crackers, dried fruit, granola bars, etc.

HYGIENE ITEMS

diapers, soap, toothpaste, etc.

Please donate *only unopened, unexpired, and undamaged items*. Whenever possible, consider choosing nutritious options that are lower in sodium and added sugar and include sources of protein to help support healthy meals for our neighbors.

semofoodbank.org / 573-471-1818