Thank you for supporting the NH Food Bank. Your donations are greatly appreciated!

**FRUIT**
- Canned Pineapple
- Canned Pears
- Apple Sauce

* 100% juice or no sugar added

**WHOLE GRAINS**
- Brown or Wild Rice
- Oatmeal
- Cereals
- Pasta

* First ingredient whole grain, no sugar added

**VEGETABLES**
- Canned Corn
- Canned Tomatoes
- Canned Carrots

*Low sodium or no salt added, no sugar added

**PROTEIN**
- Dried or Canned Beans
- Canned Tuna/Chicken
- Mixed Nuts
- Peanut Butter

* Low or no salt added, no sugar added

**OTHER FOODS**
- Soups
- Broth
- Spices
- Dried Herbs

*Low or no sodium

New Hampshire
FOOD BANK
A Program of Catholic Charities NH