



FOOD LIST

Canned Food

Shelf Stable Milk (e.g. Parmalat)

Canned Beans, especially:

Goya—Pink Beans

Goya—Green Pigeon Peas

Canned Vegetables—All Kinds

Canned Fruit—All Kinds

(preferably no added sugar)

Peanut Butter

Tuna

Canned Ham & Chicken

Spaghetti Sauce with Meat

Soups (low sodium)

*please, no glass jars

Packaged Food

Cereal— (NOT sweetened)

Rice—Canilla or Carolina— (NOT Uncle Ben's or Minute Rice)

Pasta—All Kinds

Or choose from NIN's

Amazon Food List, scan

QR code to donate!



FOOD DRIVE FOR NEIGHBORS IN NEED



Warehouse (978) 470-2405, Office (978) 685-8321
or contact Lisa@needfood.org