



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 donate directly from
NIN’s Amazon food list
 – scan QR code!



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

FOOD DRIVE FOR NEIGHBORS IN NEED

