

Most Needed Items

To maximize the nutritional value of the food we offer, we've prioritized the following items that are most in need. While we continue to accept other contributions, we encourage you to donate these items to make the greatest impact for those facing food insecurity.



Canned Beans
Low Sodium



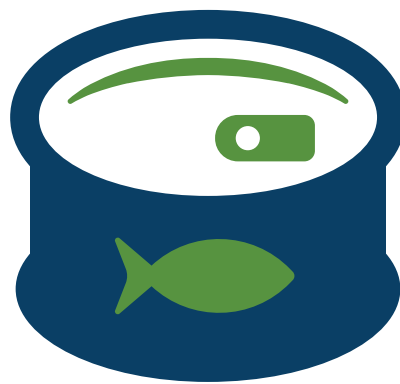
Canned Fruit
in 100% juice



Canned Vegetables
Low Sodium



Pantry Staples
Cooking Oils, Vinegars & Spices



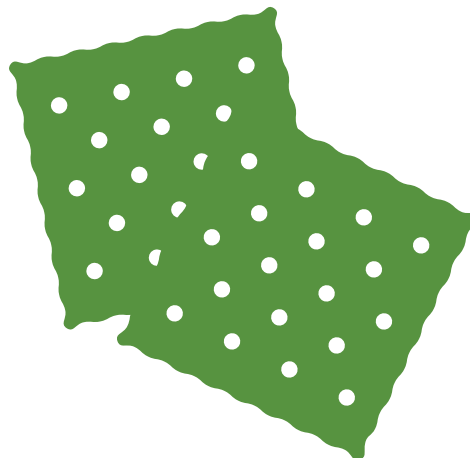
Canned Meats
Tuna, Chicken & Salmon



Whole Grains
Pasta, Brown Rice & Oatmeal



Peanut Butter



Healthy Snacks
Whole Wheat Crackers, Nuts & Popcorn



Canned Soup
with less than 600 mg of sodium

GUIDELINES:

Project SHARE cannot accept items with expiration, best-by or sell-by dates that are **less than two months after your food drive concludes**. For the health of our community, please avoid donating candy, baking mixes, sugary cereals, high-sodium soups and prepackaged meals.

PLEASE NOTE THESE ITEMS ARE NOT RANKED IN A PARTICULAR ORDER

For more information, visit projectsharepa.org or call (717) 249-7773