

Blue Ridge Area
FOOD BANK
Everyone should have enough to eat.



Most Needed Items

No glass please!

Staples: canned fruits and vegetables
(low sugar/sodium)

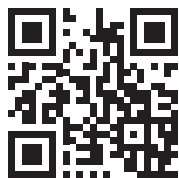
Proteins: nut butters, canned tuna/chicken,
canned or dry beans

Grains: cereal, pasta, rice, oatmeal, mac & cheese

Meal Makers: soups, stews, chilis, pasta sauce
(low sodium)

Seasonings: cooking oils, dried herbs and spices

Non-food items: toilet paper, toothpaste, soap,
toothbrushes, feminine hygiene products, baby
formula, diapers, baby food



Thank You!

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