

SOUNDS OF THE SEASON

Join us and help support local food banks



make the season kind

Most Needed Items



Most needed items:



**CANNED FISH
(TUNA, SALMON,
SARDINES)**



**RICE, PASTA,
GRAINS**



**CANNED TOMATOES
(WHOLE, DICED,
CRUSHED)**



**CANNED
VEGETABLES**



**BEANS &
LENTILS**



COOKING OIL

Thank you for your generous support!