

# You can help our neighbors facing hunger!



## Critically needed items

- 🍏 Meals in a can
- 🍏 Canned vegetables
- 🍏 Canned soup
- 🍏 Canned fruit
- 🍏 Canned meats and poultry
- 🍏 Canned tuna
- 🍏 Oatmeal
- 🍏 Dry beans
- 🍏 Pasta/macaroni
- 🍏 Rice
- 🍏 Nonfat dry milk
- 🍏 Evaporated milk
- 🍏 Drinks
- 🍏 Nutritional drinks
- 🍏 Baby food

## Monetary donations

Every dollar donated can provide 4 meals to kids, families and seniors facing hunger in Central Florida. More than 97% of gifts go directly toward feeding people.

**Second Harvest Food Bank of Central Florida**

[FeedHopeNow.org](http://FeedHopeNow.org)

**Questions? Contact Ian Dixon, Volunteer Manager,  
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