

# TOP 10 MOST NEEDED ITEMS

.....

In an effort to provide the most effective service to those we serve, this list represents our highest food priorities. These items are high in both demand and nutritional value.

While we continue to accept items outside of this list, we kindly ask you to focus your efforts with these items in mind so, together, we can have the maximum impact for individuals facing hunger.



**LOW-FAT, BOXED, &  
NON-REFRIGERATED MILK**



**WHITE RICE**



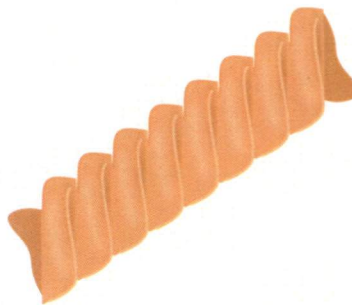
**CANNED FRUIT & VEGETABLES**



**CANNED OR DRY BEANS  
(BLACK & RED PREFERRED)**



**OATMEAL**



**PASTA**



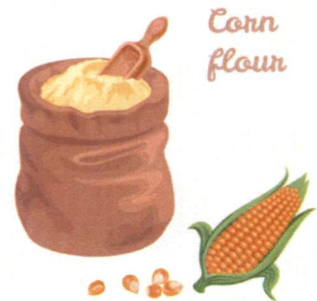
**WHITE FLOUR**



**CANNED TUNA  
& SALMON**



**COOKING OILS**



**CORN FLOUR**

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



We kindly ask that you donate products that are in boxes, cans, or plastic bottles, and do not require refrigeration. To promote healthy eating, we ask for items that are low in sugar, low in sodium and free of high fructose corn syrup.

For more information, visit [www.licares.org](http://www.licares.org)

**PLEASE, NO GLASS JARS!!**