

# MOST NEEDED FOOD ITEMS

At FOOD For Lane County, we are working hard to fight hunger. With your help we can provide our neighbors with more nutritious food. The foods listed below are healthy, have a great shelf life and provide year-round variety for the people who turn to us for help.

In addition to food, monetary gifts go a long way. For every dollar you donate, FOOD For Lane County can access and distribute two meals.

## CONSIDER DONATING THESE FOODS

- High-protein, shelf-stable foods such as canned meats and fish, nuts, peanut butter, jerky and lentils
- Low-sugar dried fruit, apple sauce and canned fruit without syrup
- Pasta, brown rice, cereal, corn meal, baking mixes and flour
- Breakfast foods such as cereal, oatmeal, granola, granola bars, protein bars, protein shakes and coffee
- Shelf-stable milk and milk alternatives such as oat milk, almond milk and soy milk
- Cooking oils, spices and condiments
- Masa, mole, chiles and other specialty spices
- Canned vegetables and beans
- Canned tomatoes, tomato paste, tomato sauce and spaghetti sauce
- Easily prepared or already prepared foods such as soups, chilis, stews and mac 'n cheese

## MORE INFORMATION

For more information or to organize a virtual or in-person food drive, call (541) 343-2822 or email [info@foodforlanecounty.org](mailto:info@foodforlanecounty.org).

FOOD For Lane County is an equal opportunity provider.

