While Second Harvest Northern Lakes Food Bank appreciates every single food donation, we strive to offer a variety of food that helps balance the important nutritional needs of children, seniors, and those with health challenges.

**MOST NEEDED ITEMS**

- **Protein Items:** Tuna or Chicken (canned, packed in water), Peanut Butter
- **Vegetables** (canned)
- **Fruits** (in light syrup) or Applesauce (low in sugar)
- **Soup** (with protein, easy on salt and fat)
- **Pasta:** Spaghetti, Macaroni, Egg Noodles
- **Sauce:** Tomato, Spaghetti
- **Meals** (boxed or canned, easy on salt and fat)
- **Juice** (100% cans, plastic containers, or boxes—please no glass)
- **Cereal** (easy on sugar and fat)
- **Snack Items, Cereal Bars** (easy on salt, sugar and fat)
DONATE FOOD HERE

Help us fill another table!
Contribute food or funds to our Food & Fund Drive and you’ll help ensure that the hungry families, children and seniors get the food they need.

HELP US FILL THE PLATE OF OUR NORTHLAND NEIGHBORS IN NEED

TO DONATE OR FOR MORE INFORMATION: