

**WE NEED YOUR
FOOD DONATIONS!**

ASMC

Food Drive for the Capital Area Food Bank

Mission

The mission of the Capital Area Food Bank is to feed those who suffer from hunger in the Washington, D.C. Metropolitan Area.

What to donate

Any of the food items listed at right.



Most Wanted Items



CFC #30794 | United Way #8052
www.CapitalAreaFoodBank.org

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|-----------|--|-----------|--|
| 1 | Canned Fruits
in light syrup or its own juices | 2 | Canned Vegetables
low sodium, no salt added |
| 3 | Multigrain Cereal
cheerios, cornflakes, granoluts,
raisin bran | 4 | Grains
brown & white rice, oatmeal, bulgur,
quinoa, couscous, macaroni & cheese |
| 5 | Canned Proteins
tuna, salmon, chicken, peanut butter,
beans | 6 | Soups
beef stew, chili, chicken noodle,
turkey & rice |
| 7 | 100% Juice
all sizes, including juice boxes | 8 | Condiments
tomato based sauces, light soy sauce,
ketchup, mustard, salad dressing, oils |
| 9 | Snacks
individually packed snacks, crackers,
trail mix, dried fruit, granola/cereal
bars, pretzels, sandwich crackers | 10 | Baking Goods
flour, sugar, baking powder,
baking soda, spices, boxed mixes |
| 11 | Hygiene Items
diapers, deodorants for men & women,
feminine products, toilet paper, tissues,
soap, toothpaste, shampoo | 12 | Paper Products &
Household Items
paper towels, napkins,
cleaning supplies |