

# FOOD FIGHT



## FOOD DONATION SUGGESTIONS

### CANNED PROTEINS

TUNA, SALMON, CHICKEN, BEANS, BEEF

### PASTA & RICE

BROWN/WHITE RICE, MACARONI & CHEESE, PASTA,  
PASTA SAUCE, BOXED PASTA/RICE MEALS

### CANNED FRUIT AND VEGETABLES

ALL VARIETIES

### BREAKFAST

CEREAL, OATMEAL, GRANOLA OR CEREAL BARS,  
POP-TARTS, PANCAKE OR WAFFLE MIX

### LUNCH OR SNACK

PEANUT BUTTER (CHUNKY OR SMOOTH), JELLY OR JAM,  
CANNED SOUPS OR STEWS

## HOW YOU CAN HELP FIGHT HUNGER

Scan the code to make a monetary donation for  
your business!

For every \$1 donated, Second Harvest can provide  
up to 3 meals to neighbors in need.

