FOOD DRIVE
BEST FOODS TO DONATE

Holiday Edition!

FOOD DONATIONS
ST. LOUIS AREA FOODBANK | 2023

• Canned fruits and vegetables
• Canned meat and fish
• Instant mashed potatoes
• Mac & cheese
• Rice and pasta products
• Applesauce
• Cranberries
• Gravy
• Stuffing

We accept and encourage donations that support special diets and/or the specific health conditions of our neighbors. **Food donations that are high in protein, 100% whole grain, low or reduced sodium, and low sugar will make the most nutritious impact.**