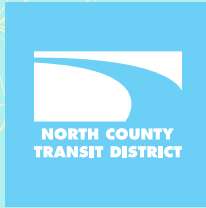


STUFF THE BUS

FOOD DRIVE



Saturday, April 16, 2022



**Want to donate online?
Join our virtual food drive!**



San Diego Food Bank shopping list of most needed items:

- ☐ Canned meats (tuna in water or chicken)
- ☐ Dry or canned beans (black, pinto, kidney/low sodium)
- ☐ Cereal (low sugar, whole grain or bran)
- ☐ Rice (brown or wild)
- ☐ Nuts and seeds (unsalted almonds, flax seeds)
- ☐ Peanut butter (no sugar added)
- ☐ Canned soup (low sodium, low fat)
- ☐ Canned fruit (packed in its own juice) or dried fruit
- ☐ Canned vegetables (low sodium or no salt added)
- ☐ Powdered milk (low or non-fat)
- ☐ Pasta (whole grain)
- ☐ Infant formula

We cannot accept any glass containers or homemade foods.

For more information, visit sdmts.com/StufftheBus

