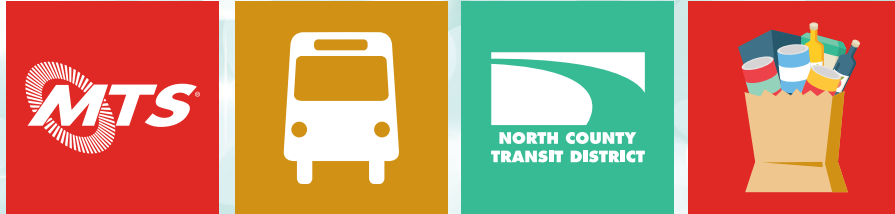


STUFF THE BUS

FOOD ❄️ DRIVE



December 14, 2019



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

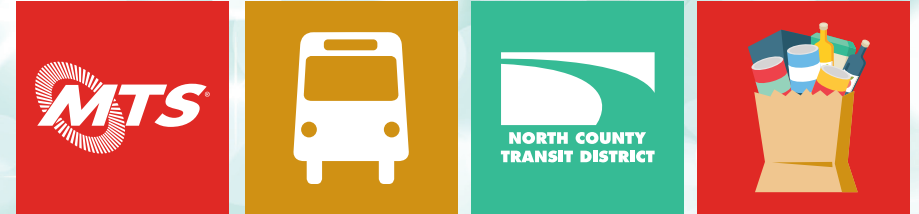


We cannot accept any glass containers or homemade foods.
For more information, visit sdmts.com/StufftheBus



STUFF THE BUS

FOOD ❄️ DRIVE



December 14, 2019



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

