



Together We Can Fill The Cupboard

Your non-perishable food donation will help Placer Food Bank feed children, families and seniors right here in our community.

Shopping list:

- Peanut Butter (plastic containers only please)
- Dried pastas like spaghetti, egg noodles or macaroni & cheese
- Pasta sauce (canned or plastic containers only please)
- Cereals
- Canned tuna, chicken, or salmon
- Canned fruits
- Canned vegetables
- Soups, chilies and stews
- Canned black beans, kidney beans, or garbanzo beans
- Brown, white or wild rice
- Dried lentils, beans or peas
- Dried fruit
- Granola bars
- Shelf-stable milk
- 100 percent fruit juice (canned, plastic or boxed please)
- And other nutritious, "healthy-choice" foods (preferably with reduced fat, sodium and sugar)

No Time to shop?

We encourage you to visit our website to make an online donation. **With your donation, Placer Food Bank will purchase food for pennies on the dollar. With \$1, we can purchase \$6 worth of groceries! Donate today.** It's fast, easy and most of all safe. Visit PlacerFoodBank.org and click on **Donate Now.**

