

FOOD COLLECTION

Help Us Harvest Hope This Fall!



October 1-31st

ITEMS NEEDED:

(Whole grain, low-sodium, and low-sugar items preferred. All items must be unopened and non-perishable.)

**For More Information,
Contact Us!**
duplincoalitionforhealth@
duplinnc.gov

DCOM
DUPLIN CHRISTIAN
OUTREACH MINISTRIES



Rice	White, brown, jasmine, basmati, etc.
Dried or Canned Beans	Black, pinto, kidney, garbanzo/chickpeas, lentils
Pasta	Whole grain, spaghetti, noodles, macaroni, macaroni cheese boxes, etc.
Shelf-Stable Meal Kits	Hamburger Helper, Rice or pasta meal boxes, etc.
Canned Meats	Chicken, tuna, salmon, SPAM, sardines
Nut Butters	Peanut, almond, sunflower seed butter
Shelf-Stable Milk or Milk Alternative	Boxed dairy, soy, almond, oat, etc.
Canned Soups & Broths	Low Sodium preferred: chicken, vegetable, beef, etc.
Canned Vegetables	Low Sodium preferred: corn, green beans, peas, mixed vegetables, etc.
Canned Fruits	Packed in juice or light syrup: peaches, pineapples, applesauce, etc.
Cooking Essentials	Vegetable oil, salt, pepper, spices, sugar, flour
Bottled Water or Juice Boxes	100% Juice when possible
Cultural Staples	Masa harina, couscous, noodles, shelf-stable tortillas, plantains