



MOST NEEDED ITEMS SUGGESTION LIST

Mountaineer Food Bank appreciates all donations; time, money food and in-kind donations. By partnering with us we will be able to provide many meals to your community. With our purchasing power and network of wholesale, retail, farm and ranch donors, we are able to turn \$1.00 into 10 meals with a monetary donation. We encourage food drives to incorporate a fund drive as well.

Monetary Donations: **\$1.00 = 10 meals**

High Need Donations:

Canned Meat

Peanut Butter

Cereal Bars

Pudding Cups

Fruit Cups

Cereal

Granola Bars

Ramen Noodles

Juice

Rice

Beans

Non-Perishable Items

Canned Goods

Flour

Dried Nuts

Herbs

Spices

Dried Fruit

Sugar

Chips

Pasta

ITEMS LISTED ARE SUGGESTIONS, NOT LIMITATIONS

Thank you for your donations & helping to feed West Virginia's Hungry

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www.mountaineerfoodbank.org

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AMERICA**