

Thurston County Food Bank
*General Needs
Shopping List*



- Canned Protein - tuna, chicken, spam, beef stew, Salmon
- Peanut Butter
- Canned Fruit in natural juice
- Canned Soups - meat and vegetarian
- Chili - meat and vegetarian
- Boxed Cereal
- Mac and Cheese
- Canned vegetables - low salt

We also greatly appreciate donations of fresh fruits and vegetables during the winter (January to June). Consider purchasing some broccoli, tomatoes or carrots from the produce department of your grocery store and donating them to TCFB!

**Thank you for helping the
Thurston County Food Bank
end hunger in our community!**

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