



Help us to collect
shelf-stable food and
provide assistance for
the 1 in 8 neighbors
who are food insecure.

MOST NEEDED FOOD ITEMS

Canned Fruit (no sugar added or packed in juice)
Peanut Butter (low sugar)
Jelly (low sugar)
Canned Meals (i.e. Chef Boyardee or Beef Stew)
Canned Meat (Chicken, Tuna, Beef)
Pasta (Whole Grain preferred)
Canned Spaghetti Sauce
Cereal (low sugar)
Oatmeal
Canned Vegetables (low sodium)
Brown Rice
Black Beans (or red beans)

**Instructions and materials to be distributed
at the January Roundtable on Jan 15, 2026.**

**Food pickup and delivery to the Food Bank
on Saturday, February 7, 2026**



GEORGIA
MOUNTAIN
FOOD BANK
'til no one is hungry



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Questions? Contact:

We will be back to pick up this bag on:



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