

## Food Bank of the Southern Tier's Wish List

Our most needed items are listed below and will go directly to families in need to fill their empty cupboards, or to children in the Backpack Program who receive a pack of kid-friendly foods in their backpack each Friday during the school year.

Non-perishable items in cans or sturdy boxes make for the easiest food drive products as they are easy to transport and there is less of a risk for tearing or opening. Standard sizes of the items listed below are most helpful.

- Peanut Butter**
- Canned Tuna or chicken**
- Boxed Macaroni and Cheese**
- Soups (chicken noodle, vegetable, tomato, etc.)**
- Canned Fruit**
- Canned Vegetables**
- Pasta**
- Egg Noodles**
- Canned Tomato Sauce**
- Canned Applesauce**
- Quick Oats**

### Foods That Aren't Our Favorites

For the safety of the people we serve, we cannot accept:

- Items with expiration dates past one year
- Damaged/dented/rusted cans
- Unlabeled items
- Outdated products
- Fresh produce, dairy and meats
- Baby food or formula

