



NOURISH NC
One Less Hungry Child

NourishNC's Food Drive Items

Our mission is to build happy, healthy kids. Please, no expired or junk food. When possible choose low salt, sugar free, and low trans-fat items.

- Canned Pasta with Meat (ex. Ravioli)
- Beef Stew and hearty soups
- Cereal/Granola/Oatmeal (all sizes)
- Chicken or Tuna (cans or pouches)
- Canned Chili with Beans/ Black Beans
- Mac and Cheese (cups or boxes)
- Clif Bars, Kind Bars or Granola Bars
- Individual Fruit Cups
- Individual Milk/Juice boxes
- Individual Sandwich Crackers
- Peanut Butter and Jelly (no glass)
- Pasta and pasta sauce cans

www.nourishnc.org