



Merrimack Valley
Food Bank, Inc.

Help US...
Help OTHERS

GOT CANS!

Down the street a

family is going hungry to keep the heat on!

child is going hungry every day after school!

senior is going hungry to pay for medication!

Together we CAN make a difference!

While we appreciate every donation here is a list of our preferred items! Whenever possible low-salt & sugar, 100% juice and light syrup!

Beans

Tuna/Chicken/Ham

Pasta/Rice

Tomato Sauce

Chili/Stew/Soups

Shelf Stable Milk

Fruit

Cereal

Ravioli/Spaghetti

Peanut Butter/Jelly

Vegetables

Juice

Name of Food Drive

Food Drive Start Date

Food Drive End Date

Thank you..... you are helping someone!

MVFB.ORG