

# Shopping Guide



Here is a list of the most needed foods to stock the shelves of Food for People's Pantries. Please consider donating a few of the following items to help alleviate hunger in your community.

The non-perishable foods that families, seniors, and children need most are:

- Canned meat (chicken, fish)
- Canned soups, stews and chili
- Peanut butter (or other nut butters)
- Canned fruit (in fruit juice)
- Canned vegetables

Food for People provides 10% of Humboldt County residents with food assistance each month.

**Extra: Donate can openers for households in need!**

Thank you for helping our friends and neighbors in need!



The Food Bank for Humboldt County

PO Box 4922, Eureka, CA 95502  
(707) 445-3166  
www.foodforpeople.org



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