

# FOOD For Lane County's Most Wanted List

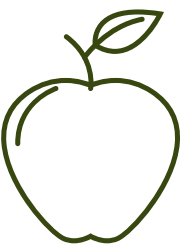
At FOOD For Lane County, we are working hard to fight hunger. With your help we can provide our neighbors with more nutritious food. The foods listed below are healthy, have a great shelf life, and provide year round variety for our users.



High-protein, shelf stable foods like canned meats and fish, stews, chilis, broths and peanut butter



Low-sugar dried fruit, apple sauce and canned fruit without syrup



Pasta, rice, cereal, corn meal, dried beans, and oatmeal

Cooking oil and healthy fats like olive oil or coconut oil



Masa, mole, chiles, specialty spices



Canned vegetables, beans



A monetary donation can go a long way. For every dollar received, FOOD For Lane County can access and distribute 3 meals

For more information, or to organize a virtual or in-person food drive call 541-343-2822.

FOOD For Lane County is an equal opportunity provider.

