

Did you know thousands of Iowans struggle with hunger? You can help!

Food drives of all sizes make a difference. Every item of food that we distribute goes to lowa children, families and seniors struggling with hunger. Donate undamaged and unexpired food items today!

## **MOST NEEDED ITEMS**

- Proteins (canned meat & fish)
- Canned vegetables
- Canned fruit
- Canned soup
- Pasta sauce
- Breakfast items (including cereal)
- 100% fruit juice



www.foodbankiowa.org