

**WE NEED YOUR  
FOOD DONATIONS!**

**ASMC**

# Food Drive for the Capital Area Food Bank

## Mission

The mission of the Capital Area Food Bank is to feed those who suffer from hunger in the Washington, D.C. Metropolitan Area.

## What to donate

Any of the food items listed at right.



### Most Wanted Items



CFC #30794 | United Way #8052  
[www.CapitalAreaFoodBank.org](http://www.CapitalAreaFoodBank.org)

- 1** Canned Fruits  
in light syrup or its own juices
- 2** Canned Vegetables  
low sodium, no salt added
- 3** Multigrain Cereal  
cheerios, cornflakes, granoluts,  
raisin bran
- 4** Grains  
brown & white rice, oatmeal, bulgur,  
quinoa, couscous, macaroni & cheese
- 5** Canned Proteins  
tuna, salmon, chicken, peanut butter,  
beans
- 6** Soups  
beef stew, chili, chicken noodle,  
turkey & rice
- 7** 100% Juice  
all sizes, including juice boxes
- 8** Condiments  
tomato based sauces, light soy sauce,  
ketchup, mustard, salad dressing, oils
- 9** Snacks  
individually packed snacks, crackers,  
trail mix, dried fruit, granola/cereal  
bars, pretzels, sandwich crackers
- 10** Baking Goods  
flour, sugar, baking powder,  
baking soda, spices, boxed mixes
- 11** Hygiene Items  
diapers, deodorants for men & women,  
feminine products, toilet paper, tissues,  
soap, toothpaste, shampoo
- 12** Paper Products & Household Items  
paper towels, napkins,  
cleaning supplies