

# Food Bank "Most Wanted" List

We ask that items will be undamaged, unopened, in the manufacturers original packaging, non-breakable containers, and don't need refrigeration.

## Food

- Crackers/Cookies
- Cereals (Hot or Cold)
- Spaghetti/Pasta
- Canned Tuna
- Peanut Butter
- Jams/Jelly
- Yams
- Canned Chicken
- Canned Meet/Beef
- Beef Stew
- Canned Fruit
- Canned Vegetables
- Canned Soup/Broth
- Mashed Potatoes
- Stuffing Mix
- Powdered Eggs
- Coffee
- Juices in non-breakable containers
- Ensure (or other Supplemental drinks)
- Baby Formula
- Bottled Water

## Personal Items

- Bar and Liquid Soap
- Toothbrushes and Toothpaste
- Laundry Detergent
- Shaving Supplies
- Feminine Hygiene Products
- Deodorant and Perfume
- Assorted Cosmetics
- Comb/Brush
- Disposable diapers, baby wipes, baby powder
- Toilet paper, Paper towels, Facial Tissue
- Paper plates, cups, and napkins

At this time, we can collect donations\*  
from moves that originate in  
southern California only.



Are our trucks big enough to hold all your donations?





If you have a few items that fit in a bag, hand the bag to the foreman of your moving crew and let them know this is for Move for Hunger. If you can print this page with the Move for Hunger logo and attached it to the bag it will be very helpful to us.

If you have many items and need more than a bag, ask your foreman to get a box for your Move for Hunger donation. This box is free. We only ask that you attach this page to the box or write Move for Hunger donation on the box.



This is my Move for Hunger Donation : )

