



Donate Food for the KCRA 3 Kids Can Food Drive!

What food should I donate?

- Healthy, low-sodium, low-sugar, non-perishable food
- Items with intact, un-opened, consumer or commercial packaging
- Items with non-breakable packaging (no glass please)
- Food within the expiration date on the packaging

What are the most requested food items?

- Canned meats like tuna, chicken, turkey, ham, stew and chili
- Canned vegetables
- Pasta & pasta sauce
- Beans
- Rice
- Healthy cereals
- Peanut Butter
- Baby food & baby formula

Food Drive Tips:

- Please collect non-perishable food items only.
- Encourage donations from the "most requested" list.
- Avoid glass containers. Plastic containers, tin cans and boxed items are best.
- Donations assist families, so encourage donations in sizes you would use at home.



Sacramento Food Bank & Family Services
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www.sacramentofoodbank.org