



Feeding Hope
Across
Alabama

Everything is Desirable during Fund & Food Drives

Monetary Donations:	For every \$1 donated Montgomery Area Food Bank can provide 5.4 pounds of food product.
Any type of boxed goods:	Dry milk, dinner boxes, instant potatoes, pastas, cereals (high fiber), etc.
Any type of canned vegetables:	Green beans, peas, okra, lima beans, asparagus, carrots, broccoli, mixed vegetables, corn, etc... (low sodium).
Any type of Soups w/meats:	Chicken noodle, chicken corn chowder, beef and barley, clam chowder, etc... (low sodium)
Any type of canned fruits:	Peaches, pears, fruit cocktail, applesauce, apricots, plums, prunes, pineapple chunks, etc... (low sugar/syrup).
Any type of canned meats and/or proteins	Any dried beans, tuna, salmon, ravioli, spaghetti with meatballs, chicken and rice, beef stew, chili, spam, nuts, peanut butter, deviled ham, etc.
Any and all fresh produce:	Must be fresh. Delivered in a timely manner to avoid spoilage.in good condition:
Cleaning Supplies and/or Personal Toiletries	Glass containers are to be avoided due to breakage.
Pet foods:	Our special friends and other “fur babies” <i>(Part of a family - animals have to eat too)</i>

All non-perishable goods are a wonderful source of foods to collect for a food drive!!! Aim for very little sodium/salt/syrups/sugars - high in protein/fiber

Fresh and frozen fruits and vegetables are the best for you and the lowest in sodium content. However, these are not good items to collect on a food drive simply because they are perishable.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT TERESSA VIGNEAULT MILLWOOD AT 334-263-3784 X307 OR VIA E-MAIL AT teressamillwood@montgomeryareafoodbank.org