

STUDENTS AGAINST HUNGER MOST NEEDED ITEMS

Food and fund drives provide an excellent source of high-quality food for our partner agencies and the clients they serve. If you have any questions, please contact Jackie Dobson at 405.600.3193 or at jdobson@rfbo.org.

Non-Perishable Items Include:

- Canned meats (i.e. tuna, chicken, seafood, turkey)
- Canned and boxed meals (i.e. soup, chili, macaroni and cheese)
- Canned or dried beans and peas (i.e. black, pinto, lentils)
- Pasta, rice, cereal
- Canned fruits and vegetables
- Peanut butter

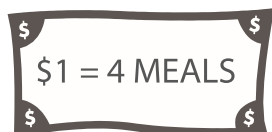
Suggested Healthy Options:

- Canned fruit in light syrup
- No sugar added applesauce
- Low sodium vegetables
- Canned white or sweet potatoes
- Powdered or flaked potatoes
- Brown or wild rice
- Whole grain/bran cereals
- Reduced fat whole grain crackers
- Trans fat free tortillas
- Powdered Milk

We are unable to accept:

- Rusty Cans
- Perishable items
- Homemade items
- Opened items

Donate food items your family would enjoy!



Tuna
Salmon
Chicken



Beans
Soup
Sauces



Brown Rice
Pasta



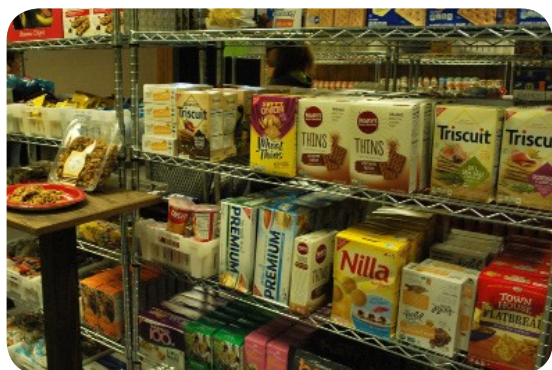
Canned
Fruits &
Vegetables



Peanut
Butter



No Homemade
or Glass Items



"This is so great, that I get food. Nobody really gets what it's like to be hungry and not have different kinds of food in the house. We've just been eating bread because it fills us up and it's cheap. My grandpa's cancer came back and we spend all of our money taking him to Oklahoma City to the doctor. This food is great!"

- 16-year-old student who uses the School Pantry.