**WHAT TYPES OF DONATIONS DOES NORTHWEST HARVEST NEED?**

In this current climate of uncertainty, financial support through monetary gifts provides us greater flexibility to respond to ever-changing needs. If you prefer to donate food items, please select shelf-stable foods that are low in sodium, sugar, and saturated fats.

**SUGGESTED ITEMS FOR DONATION:**

- Canned fruit
- Canned vegetables
- Canned meat (*tuna, chicken*)
- Non-meat protein (*beans, lentils*)
- Canned soup/stew/chili
- **Mac and cheese** *(or ready to eat alternative)*
- Cereal/oatmeal *(rolled oat or boxed cereal)*
- Peanut butter
- Rice *(white long grain or brown)*
- Shelf-stable beverages *(milk, juice)*