

Most-needed *FOODS*

No matter the time of year, your gifts of any of these **most-needed foods** will help serve people the most:

- peanut butter
(18 oz. **plastic** jars only)
- canned sweet peas
- canned fruit cocktail
- canned peaches/pineapple
- canned lunch meat (SPAM)
- canned beef stew (24 oz.)
- pineapple juice (48 oz. can)
- tomato juice (48 oz. can)
- powdered milk packets
- canned corn
- canned evaporated milk
- tuna fish (6 oz.)
- vegetarian vegetable soup
- canned beef chili
- vegetable oil (24 oz.)
- fish sauce (24 oz.)
- snack pudding
- mac & cheese (7.25 oz.)
- canned green beans

Your financial gift of \$30 will provide a week's supply of infant formula or baby food for the youngest among us who are hungry.
Checks may be made payable to "EFP"

**Thank you for your care and support in the ongoing
fight against hunger in our community!**

**EMERGENCY
FEEDING PROGRAM**

SEATTLE



KING COUNTY

SINCE 1977

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