



HSMAI Central Florida is supporting Second Harvest Food Bank of Central Florida for our 2014 Q4 Programs.

Please see the Critical Need Items list below, and we would appreciate your participation bringing an item(s) to our Programs.

Fruits: Canned fruit (in its own juice, no sugar added varieties), dried fruit, 100% fruit juice

Vegetables: Canned vegetables (reduced salt/no salt varieties), 100% vegetable juice, spaghetti sauce

Grains: Rice, pasta, crackers (whole-grain varieties), ready-to-eat cereal (low sugar/high-fiber), oatmeal

Protein Foods: Canned meat/poultry, canned tuna/salmon (packed in water), canned/dry beans & peas (low/no salt varieties), peanut butter

Dairy/Dairy Alternatives: Nonfat dry milk, evaporated milk, soymilk

Meals: Beef stew, canned soup (reduced sodium varieties), chili, other canned meals

Other: Nutritional drinks (ex: Ensure, Boost)

Baby Food: Must be in complete, undamaged original packaging. No individual serving glass or plastic containers unless in an unopened case.

Non-food Items: Diapers, toiletries (soap, shampoo, shaving cream, etc.). Must be unopened and stored separate from food donations.