



Regional Food Bank

OF NORTHEASTERN NEW YORK

Most Needed Drive Items

Low sodium and low sugar items are preferred.

All items must be in original packaging (unopened, not expired).

No glass jars and no pet food, please.

- Canned Fruit & Vegetables
- Peanut Butter
- Pasta & Rice
- Soup & Canned Meals
- Canned Tuna & Chicken
- Cereal
- 100% Juice
- Soap & Bodywash
- Toothbrushes & Toothpaste
- Deodorant
- Shampoo & Conditioner
- Feminine Hygiene Products
- Diapers & Wipes
- Toilet Paper & Paper Products

Regional Food Bank of Northeastern New York

965 Albany Shaker Road

Latham, New York 12110

(518) 786-3691

regionalfoodbank.net



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Culturally Relevant Food Ideas

- Olive Oil
- Peanuts
- Almonds
- Cashews
- Pine nuts
- Poppy seeds
- Sesame seeds
- Dates
- Figs
- Raisins
- Cherries
- Couscous
- Rice
- Barley
- Grits
- Masa
- Lentils
- Split Peas
- Chickpeas

Research into culturally relevant food options was made possible through support from CDPHP.