



CANNED FOOD DRIVE

Healthy bodies and minds
require nutritious meals to thrive!

NTFB's most needed items include:

- Low-Sodium Canned Vegetables
- Canned Fruit (In-Juice)
- Canned Chicken or Tuna
- Dry or Canned Beans
- Whole-Grain Pasta or Brown Rice
- Peanut Butter

Want to donate online?

\$1 = 3 meals @

ntfb.org/donate



Remember, one meal makes a difference.

More than 850,000 North Texans are food insecure.
Fight hunger in our community by giving a can, a dollar,
your voice or your time to those in need.

#NTFB

ntfb.org