



# 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](https://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](https://ntfb.org)**