

FOOD DRIVE

Summer vacation?

**Not from
hunger.**

Donation Dates:
July 25th – August 5th

All non-perishable items
(example list attached) may be
dropped off to:

EAD 815

QUESTIONS?

Email or call: Gabby Sewell
gabrielle.sewell@unthsc.edu
817-735-2745

**TARRANT
— AREA —
FOOD
BANK**

tafb.org

Donate today, please

Make a Meal

Donate nonperishable items (no glass jars) that would go together to make a complete nutritious meal. Below are some suggestions. Also, think about your favorite dish!

Mexican

Rice – white, brown
Beans - navy, black, pinto, refried
Canned corn
Salsa
Masa
Canned chicken

Italian

Boxed pastas
Tomato sauce
Canned peas
Canned carrots
Canned tomatoes
Canned olives
Canned ham
Canned turkey
Beans – cannellini, green beans

Texan

Chili
Dried or canned beans – kidney, red,
Baked beans
Canned beef
Canned tomatoes
Stews
Soups

Vegetarian

Canned fruit
Canned vegetables
Rice – white, brown
Beans – red, black, kidney, chickpeas,
lentils
Applesauce
Oats/granola
Quinoa

Asian

Peanut butter (no glass jars)
Canned vegetables
Noodles
Rice – white, brown
Canned coconut milk

Hawaiian

Canned chicken
Canned tuna
Canned pork
Canned pineapples
Canned oranges
Canned apples
Rice
Noodles