

SECOND HARVEST FOOD BANK OF MIDDLE TENNESSEE

MOST NEEDED ITEMS

Peanut Butter + Seed/Nut Butter

Canned Chicken + Tuna

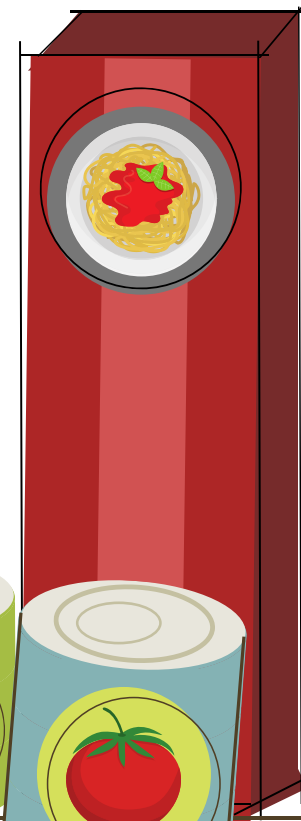
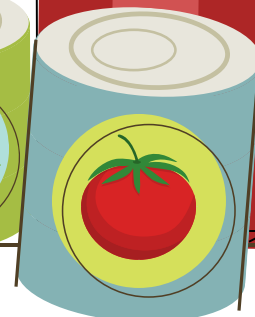
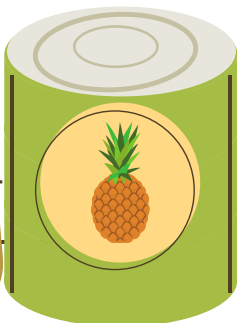
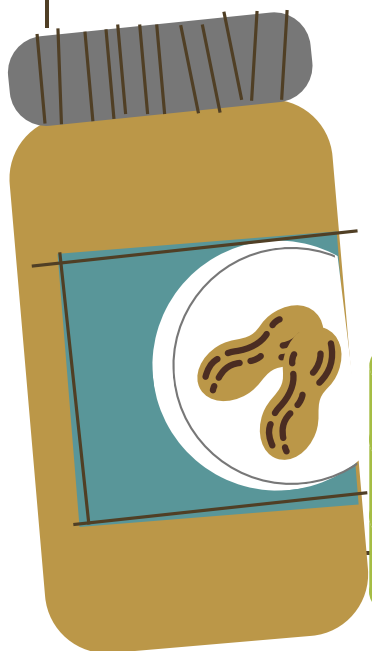
Soup, Stew + Chili

Canned Low Sugar Fruits

Canned Low Salt Veggies

Rice + Pasta

Cereal + Oatmeal



Please avoid glass jars, expired items and perishable foods.