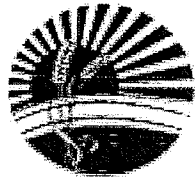


BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY

Long Island Most Needed



Cares^{INC}

The Harry Chapin Food Bank

Donations

Protein

Canned Meat & Fish, Canned & Bagged Beans, Peanut & Almond Butters, Stew/Chili, Granola/Nuts

Fruit

Canned Low Sugar, Dried Fruit, 100% Juice Boxes, Bottles of Juice, Jellies, Fruit Cups

Vegetable

Canned Low Sodium, 100% Vegetable Juice, Tomato Sauce, Canned Soups, Canned & Boxed Meals

Grain

Boxed & Bagged Pasta & Rice, Hot & Cold Cereal, Oats, Quinoa, Whole Grain Bars

Other

Coffee, Tea, Condiments, Fruit snacks, Cookies, Crackers, Veggie Chips, Water, Shelf Stable Milk, Baking Mixes

Baby

Diapers (all sizes) & Wipes, Formula & New Bottles, Cereal, Plastic Jars, Powder, Lotion, Baby Snacks

Personal

Liquid & Bar Soaps, Tooth Paste & Tooth Brushes, All Hair Products & Brushes, Deodorants, Disposable Razors

House

Toilet Paper & Paper Towels, Plastic Utencils & Cups, Napkins, Paper Plates, Garbage Bags, Detergents, Bleach

Pet Food

Bags of Dog & Cat Food, Canned Dog & Cat Food, Caged Animal Foods, Treats & New Leashes

www.licares.org