

OUR PRIORITY NEEDS

Please no glass containers.



nourish up™
Lifting our community
through food.

formerly Loaves & Fishes/Friendship Trays



canned meat

tuna, chicken, salmon



canned fruit

no sugar added or in juice



canned vegetables

no salt added or low sodium



pasta

canned or dry boxed



whole grain cereal



beans

canned or dry



peanut butter



rice



diapers and wipes

Visit [**nourishup.org**](https://nourishup.org) for more information about how you can get involved.