



## Donate Food for the KCRA 3 Kids Can Food Drive!

### What food should I donate?

- Healthy, low-sodium, low-sugar, non-perishable food
- Items with intact, un-opened, consumer or commercial packaging
- Items with non-breakable packaging (no glass please)
- Food within the expiration date on the packaging

### What are the most requested food items?

- Canned meats like tuna, chicken, turkey, ham, stew and chili
- Canned vegetables
- Pasta & pasta sauce
- Beans
- Rice
- Healthy cereals
- Peanut butter
- Baby food & baby formula

### Food Drive Tips:

- Please collect non-perishable food items only
- Avoid glass containers. Plastic containers, tin cans and boxed items are best
- Donations assist families, so encourage donations in sizes you would use at home



Sacramento Food Bank & Family Services  
1951 Bell Avenue  
Sacramento, CA 95838  
[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)