SHFB Most Needed Items
Second Harvest Food Bank of Greater New Orleans and Acadiana

Second Harvest Food Bank accepts all non-perishable items (foods that do not need to be frozen or refrigerated). We prefer non-glass containers. When collecting food for your drive please keep in mind that we need nutritional food items that are low in sodium/salt and sugar. Below are some suggestions:

**Diary**

- Boxed Shelf-Stable Milk
- Evaporated Milk
- Dry Milk

**Fruits and Vegetables**

- Apple Sauce
- Spaghetti Sauce without Meat
- Canned Fruits in Juices
- Dried Fruit (such as raisins and banana chips)
- Canned Vegetables (such as diced tomatoes or green beans)
- Shelf Stable 100% Juice (such as apple and grape juice)

**Proteins**

- Canned Baked Beans & Pork
- Canned Tuna Fish
- Canned Chicken
- Dry Beans
- Canned Chili
- Peanut Butter
- Canned Soup or Stew
- Nuts (such as pumpkin seeds)

**Grain**

- Cereal
- Pasta
- Crackers
- Rice
- Healthy Snacks