

# Food changes everything.

## Most Needed Items



**Monetary Donation**  
(\$1 could provide up to five meals)



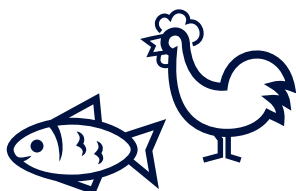
**Canned Fruits**  
Packed in 100% Juice



**Low Sodium/No Salt Added Canned Vegetables**



**Low Sodium/ No Salt Added Canned Beans & Soup**



**Canned Tuna or Chicken Packed in Water**



**Whole-Grain Cereal, Oats & Pasta**



**Peanut Butter**



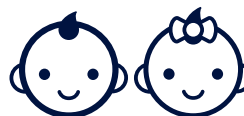
**Paper Products**



**Household Items**



**Hygiene Items**  
Feminine Products, Razors



**Infants & Kids**  
Diapers, Wipes, Pedialyte, 100% Juice Fruit Cups, Granola Bars, Crackers, Juice Boxes, NO Baby Food



**Seniors**  
Nutritional Shakes & Drinks, Adult Hygiene Products

**Pop top cans and microwavable cups preferred  
Please, NO glass items**

# Food changes everything.

A well-balanced diet is fundamental to leading a happy, productive life. Unfortunately too many of our neighbors are making tough choices between food and other necessities.

Melanie candidly shares that she has found herself in a situation she never anticipated: taking care of her husband as he suddenly readjusts to life with the diagnosis of Stage IV pancreatic cancer.



The diagnosis has forced many changes in their lives. Prior to his diagnosis, her husband was working and would get food from local pantries to help ends meet. They were saving to be able to buy a family car. The diagnosis changed those plans, but thankfully family was able to help.

“His family came through and let us have this car so I can get him to chemo and all his appointments, because that’s been a burden there coming up with all the co-payments and the prescriptions and all that. So, it’s really starting to really build up and take a toll.”

Melanie has now taken up the task of getting them the help they need.

“It’s stressful for him because he’s used to doing what he used to do. And then it makes him feel bad and gives him more depression. [I travel] from this Food Bank to another food pantry because our income has been cut because he can’t do what he used to do anymore. He was coming out to the food pantries and getting for his family and us too.”

By donating through a food and fund drive you can help ensure all of our neighbors like Melanie have the food they need. Every \$1 donated could provide enough food for up to five meals.

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