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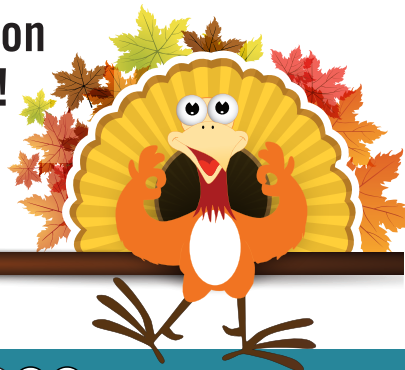
MOST NEEDED ITEMS Shopping List

- ☐ CANNED LOW-SODIUM VEGETABLES
- ☐ PEANUT BUTTER
- ☐ CANNED OR DRY BEANS
- ☐ CANNED LOW-SODIUM SOUPS OR STEWS
- ☐ CANNED FISH OR MEAT
- ☐ CANNED FRUITS IN JUICE

or round up your transaction
at a Harris Teeter register!

**SECOND
HARVEST
FOOD BANK
OF METROLINA**

Together We CAN End Hunger



SecondHarvestMetrolina.org

