



Most Needed Donation Items

Help stock our shelves and donate non-perishable food items. Below is a list of our most needed items for our Food Pantry, Despensa, and Home Delivery programs.

- **High Need Items (8 points each)**
 - Dry black-eyed peas (1-2lb bags)
 - Bagged Rice (Brown)
 - Canned salmon
- **Essential Items (5 points each)**
 - Bagged Rice (white)
 - Canned Chicken (in water)
 - Canned Chicken Soup
 - Canned Mixed Vegetables (low sodium)
 - Canned Peaches (in natural juice)
 - Canned Pineapples
 - Cheerios' Cereal
 - Peanut Butter
 - Refried and Dry Beans (Pinto and Black)
 - Tomato Paste



Support our partners! Consider purchasing your donations from any of our rescue partners below:

- Trader Joe's (483 N. Harlem, OP)
- Sugar Beet Food Co-op (812 Madison, OP)
- Jewel Osco (Any in Oak Park or River Forest)
- Aldi (Any local)
- Costco (Melrose Park)

Thank you for supporting Beyond Hunger!