



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 and Home Delivery programs.

- **High Need Items (10 points each)**
 - Bagged White Rice
 - Bagged Brown Rice (2lb bags)
 - Canned peaches (in natural juice)
 - Canned Tuna
 - Canned Chicken
 - Sunflower Seed Butter/Soy Butter
- **Essential Items (5 points each)**
 - Canned Chicken Soup
 - Cheerios' Cereal
 - Canned Mixed Vegetables (low sodium)
 - Tomato Paste
 - Refried and Dry Beans (Pinto and Black)
 - Canned Pineapples
 - Gluten free pasta
 - Canned sardines (in water)
 - Vegetable oil (12 – 16 oz)



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 (Forest Park or any local)
- Costco (Melrose Park)

Thank you for supporting Beyond Hunger!