

# Hunger Action Month

## MOST NEEDED ITEMS

Help stock Beyond Hunger's shelves and donate non-perishable food items or toiletries during September's Hunger Action Month (H.A.M.).

**Below is a list of our most needed items:**

- Canned Chicken, Salmon, Tuna
- Canned Soups (low sodium preferred)
- Canned Vegetable
  - Mixed, corn, green beans, peas
- Canned Fruit (in natural juices)
- Pasta (1 lb)
- Brown rice (1 or 2 lb bags)
- Corn Bread mix
- Cheerios (whole grain cereal)
- Jelly (plastic containers)
- Peanut butter (small and medium sizes)
- Vegetable oil (12 – 16 oz)
- Dry Beans (all varieties)

### Toiletries

- Deodorant
- Shampoo
- Conditioner
- Tooth brush
- Toothpaste
- Body wash or bar soap
- Diapers (size 3-7)
- Adult (incontinence) diapers
  - sizes: small, medium



Beyond Hunger supports over 70,000 people across Cook County, including portions of Chicago and its near-west suburbs, providing nutritious groceries, connection to income-support benefits, nutrition education and more.

To learn more about Beyond Hunger go to [GoBeyondHunger.org](http://GoBeyondHunger.org)