



PREMIER EYE
ASSOCIATES

COMMUNITY FOOD DRIVE

JOIN US OCT 15 – NOV 20



When choosing foods to donate, kindly consider the nutrient value of items so our neighbors can be nourished year-round.

High Protein Items

1. Peanut butter, Nut Butter
2. Canned tuna, salmon, chicken or ham
3. Beans - canned or dried
4. Peanuts, protein bars, sunflower seeds, almonds

Fruits and Vegetables

1. Vegetables (canned & cups)
2. Fruit (canned & cups)
3. Applesauce
4. Dried fruit (raisins, cranberries, prunes)

Mixed Items

1. Macaroni and cheese
2. Canned soups
3. Canned stews, chili
4. Ravioli, spaghetti, etc.
5. Rice, pasta, other grains, oil, flour

Breakfast

1. Oatmeal
2. Breakfast cereals (large boxes)
3. Pancake mix (complete)
4. Coffee, tea, sugar, non-dairy creamer

Holiday Items

1. Stuffing mix
2. Cranberry sauce
3. Gravy (canned)
4. Instant mashed potatoes (boxed)
5. Canned pie fillings

Dairy and Nutritional Drinks

1. Shelf - stable milk
2. Ensure, Pediasure, Pedialyte

Non-food Essentials

1. Diapers & wipes
2. Feminine care items
3. Hygiene items
4. Paper products
5. New or gently used reusable bags
6. Can openers

Do NOT donate

1. Perishable foods
2. Expired products
3. Glass jars
4. Open packages