

In the suburbs of the Twin Cities, demand at food shelves is 89 percent higher than 2008*

**MPR, November 10, 2011*

Help make a difference in the lives of many - perhaps even your neighbors - and donate.

While any gift is appreciated, consider giving some of these **Most Needed Items**:



Meats, Fish & Protein: canned tuna, ham or chicken, peanut butter, canned/dried beans



Fruits & Vegetables: 100% fruit juice, canned fruits & vegetables, instant potatoes, fruit preserves



Complete Meals: pasta & sauce, boxed meals, hearty soups, beef stew, chili



Grains: cereal, rice, oatmeal



Hygiene Products: shampoo, deodorant, soap, diapers, toilet paper, feminine hygiene, toothpaste



Cleaning Supplies: laundry detergent, paper towels, kitchen & bathroom cleaners

Please, no glass or perishables.



Forgot to bring food?

A \$5 donation is enough for 18 meals!

Gifts of money can be made online at:
<http://www.2harvest.org/goto/action2011>
or by check payable to Second Harvest Heartland



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