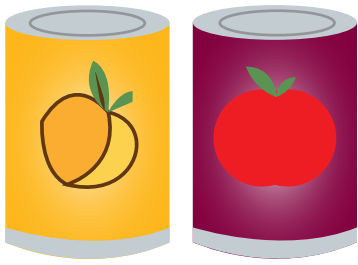


# MOST NEEDED DISASTER RELIEF ITEMS

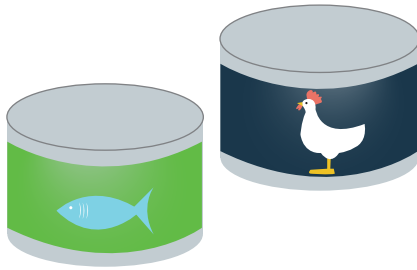
## CANNED FRUITS & VEGGIES

(pop top cans)



## CANNED MEAT & FISH

(pop top cans)

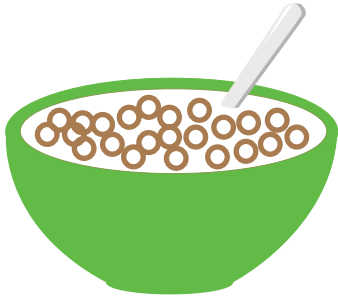


## CANNED BEANS & SOUP

(pop top cans)



## CEREAL, OATS & OATMEAL



## WHOLE GRAIN PASTA & RICE



## PEANUT BUTTER



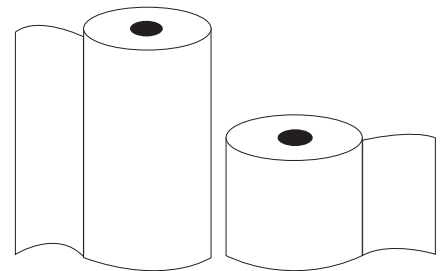
## HYGIENE ITEMS



## HOUSEHOLD ITEMS



## PAPER PRODUCTS



## BEVERAGES

Powdered Milk  
Instant Tea  
Coffee  
Cocoa  
Drink Mixes  
Juice

## OTHER FOODS

Dried Meats  
Dried Fruits  
Nuts, Seeds & Trail Mix  
Granola & Protein Bars  
Single serving meals that do not require refrigeration or cooking



## DONATE MONEY

Donate online at [foodbankcenc.org/donate](https://foodbankcenc.org/donate).

Checks can be made out to Food Bank CENC and sent to 1924 Capital Boulevard, Raleigh, NC 27604.

HURRICANE  
**DORIAN**

POP TOP CANS & MICROWAVABLE CUPS PREFERRED  
LOW SODIUM • LOW TRANS FAT • SUGAR FREE • NO GLASS  
FOODBANKCENC.ORG