



# NOURISH OUR 'OHANA

## TOP FIVE MOST NEEDED



### **MONETARY DONATIONS**

give online at [hawaiifoodbank.org/donate](https://hawaiifoodbank.org/donate)



### **CANNED PROTEINS**

like tuna, chicken and other lean meats



### **CANNED MEALS**

like soup, stew, chili and pasta



### **CANNED FRUITS & VEGETABLES**



### **BAGS OF RICE**

in five to ten pound bags

FIND HELP / DONATE / VOLUNTEER

**808-836-3600**

#GiveByExample

#NourishOurOhana



**HAWAIIFOODBANK.ORG**