



NOURISH OUR 'OHANA

TOP FIVE MOST NEEDED



MONETARY DONATIONS

give online at 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