SERVING SAN DIEGO COUNTY SINCE 1977

THE JACOBS & CUSHMAN
SAN DIEGO
FOOD BANK

Most Needed Food Items

Canned Chicken & Tuna • Dry & Canned Beans • Cereal • Rice
Nuts & Seeds • Peanut Butter • Canned Soup • Canned & Dried Fruit
Canned Vegetables • Powdered Milk • Infant Formula

Nutritional Choices

Tuna in Water • Low-Sodium Canned Beans • Brown & Wild Rice
Low-Sugar Whole Grain Cereal • Unsalted Almonds • Flax Seeds
Low-Sodium & Low-Fat Canned Soup • No Sugar Added Peanut Butter
Canned Fruit in Water or Juice • Low-Sodium & No Salt Added
Canned Vegetables • Low & Nonfat Powdered Milk

We are unable to accept:

Glass jars or homemade food products

www.SanDiegoFoodBank.org