



Most Requested Items

peanut butter
canned chicken breast or tuna
canned low sodium vegetables
canned fruit in its own juice (no sugar added)
dry pinto beans
brown rice
non-fat dry milk powder
100% whole grain cereal

Your gift not only provides nourishing food today,
it **gives hope for a happier and healthier tomorrow.**

By donating today, you're choosing to change someone's life.
Every **\$1** you donate will provide **3 meals** for a hungry neighbor.



**CAPITAL AREA
FOOD BANK
OF TEXAS**

Our Mission: To nourish hungry people and lead the community in ending hunger.

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