



ARKANSAS  
**FOOD  
BANK**

# Most Needed Items

Below is a collection of the most needed items for our programs. As a general rule, we are looking for non-glass, shelf-stable foods. We welcome low-sodium, low-sugar, and whole grain options.



**Canned Meats, Vegetables, Fruits, and Soup**  
(Low sodium/low sugar options preferred)



**Breakfast Items (cereal, granola bars, instant oatmeal, toaster pastries) and Peanut Butter**  
(Low sugar/whole grain options preferred)



**Meal Entrees (Hamburger Helper, pasta skillet meals, canned pasta meals), Rice, and Dry Beans**  
(Whole grain options preferred)



**100% Juices, Juice Boxes, & Water**

## Items Not Accepted



**Glass Jars**



**Alcohol**



**Homemade Food and Canned Goods**



**Pet Food**



**Opened or Damaged Cans**

\*Please note that certain foods are not allowed by the Health Department in Food Drives. These items are perishable foods, glass jars and bottles, homemade items, alcohol, expired food, baby food, opened jars or containers, non-canned seafood, and dog food.