



# NOURISH OUR 'OHANA

## TOP FIVE MOST NEEDED



### MONETARY DONATIONS

give online at [hawaiifoodbank.org/donate](http://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**