

LET'S DO A FOOD DRIVE

Step 1 Register Your Food Drive.

- Register online at secondharvestmidtn.org

Step 2 Pick Up Your Collection Boxes.

- Our boxes hold 100 pounds and can be picked up Monday to Friday 8am to 4pm.

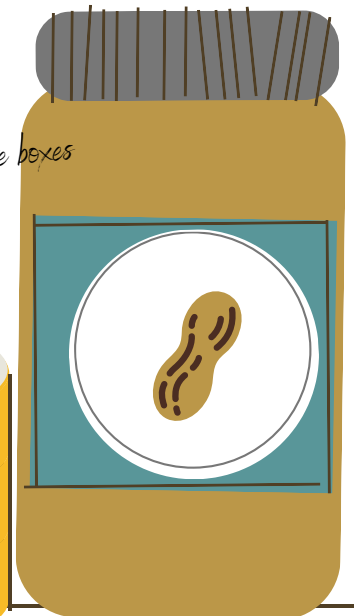
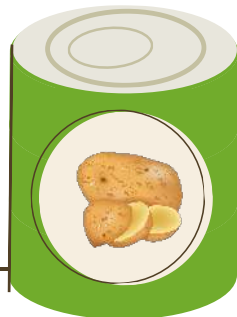
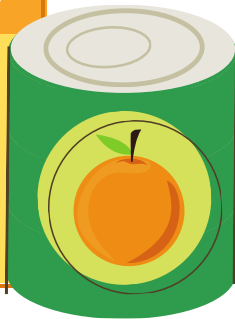
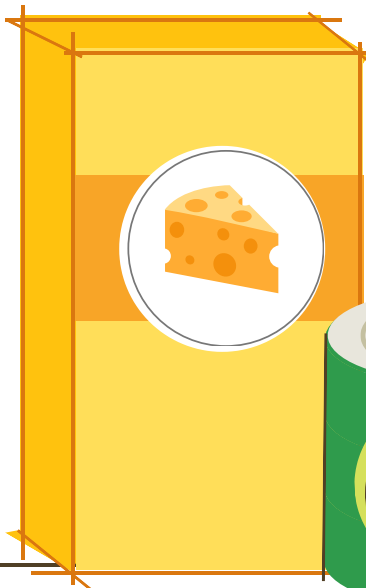
Step 3 Promote Your Food Drive.

- Second Harvest can provide materials to make your food drive easier. Just ask if you need additional help.

Step 4 Get Your Food to Our Neighbors in Need

- Drop off donations at our warehouse.
- Collect enough to qualify for pickup

↳ about 8 Second Harvest food drive boxes



**SECOND HARVEST
FOOD BANK**

of MIDDLE TENNESSEE

Feeding Hope®

Be sure to tag us @2HarvestMidTN

SECOND HARVEST FOOD BANK OF MIDDLE TENNESSEE

MOST NEEDED ITEMS

Peanut Butter + Seed/Nut Butter

Canned Chicken + Tuna

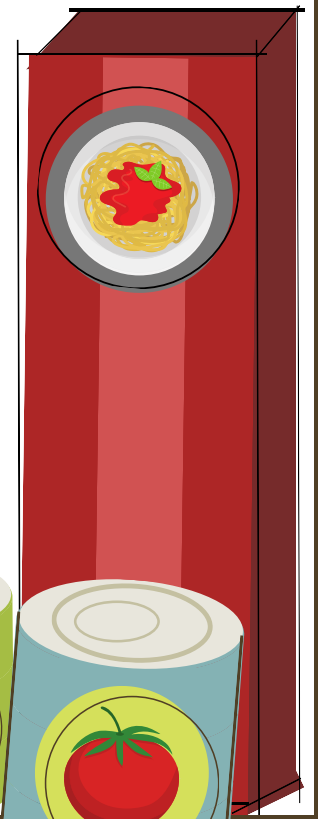
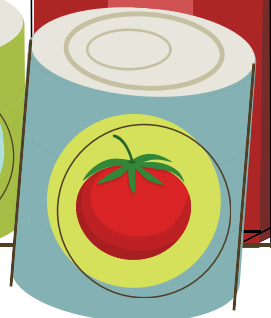
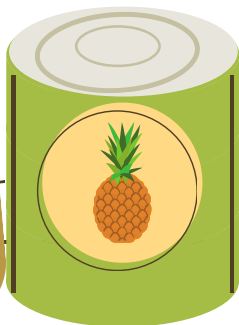
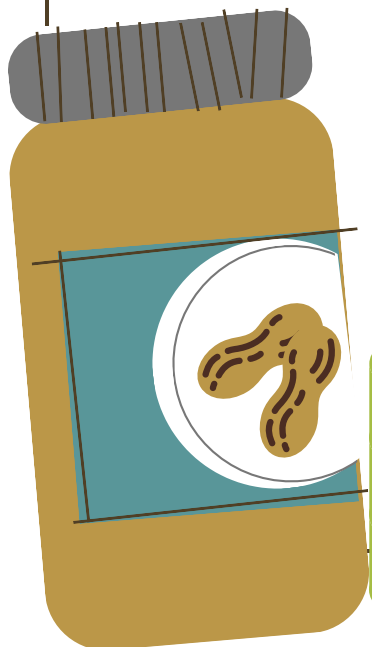
Soup, Stew + Chili

Canned Low Sugar Fruits

Canned Low Salt Veggies

Rice + Pasta

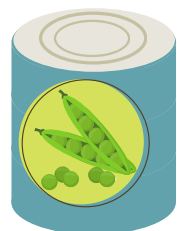
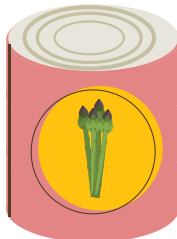
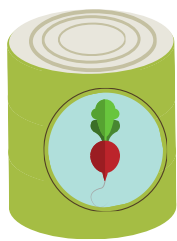
Cereal + Oatmeal



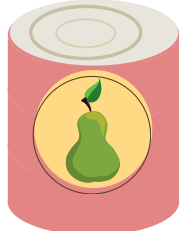
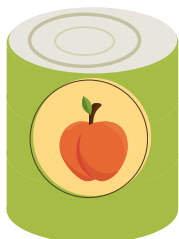
Please avoid glass jars, expired items and perishable foods.

My Food Drive Shopping List

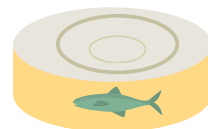
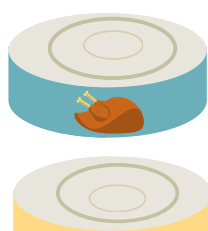
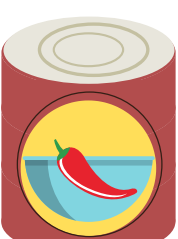
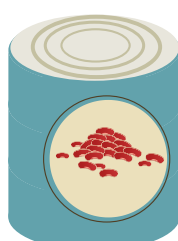
Veggies



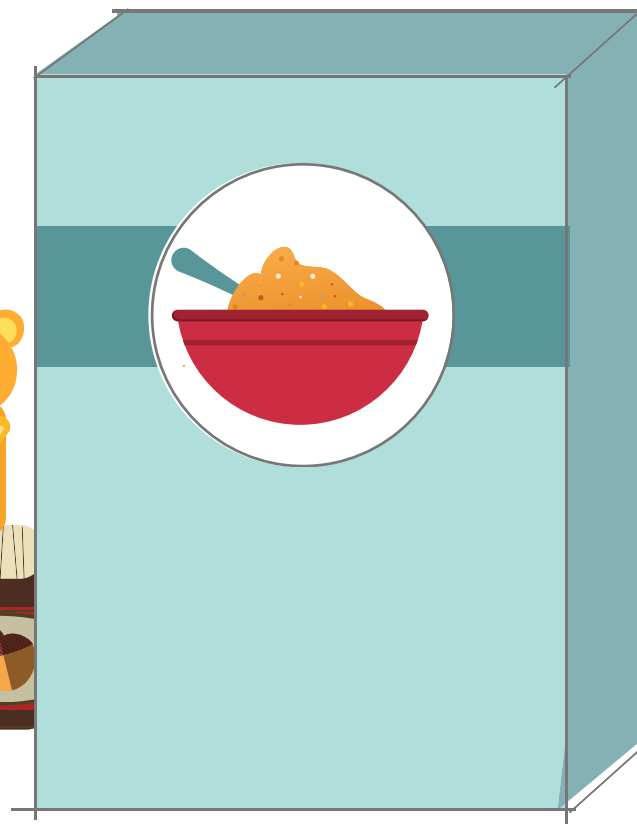
Fruit



Protein



Choose a pantry staple *or two!*

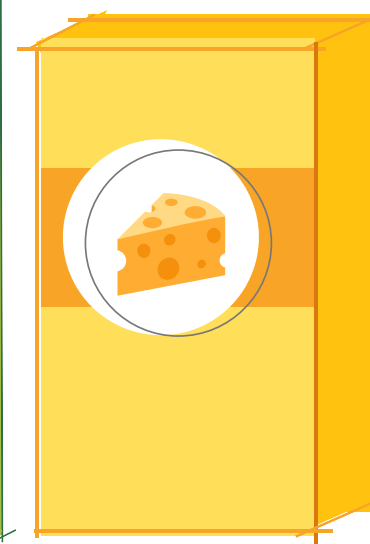
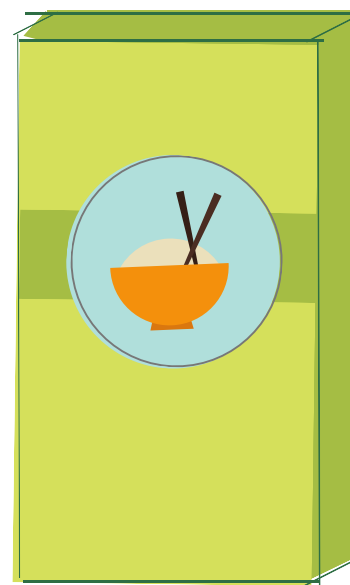


Pantry Staples

- Baking Mixes
- Cooking Oil
- Granola Bars
- Honey
- Jelly
- Meal Kits
- Oatmeal
- Pancake Mix
- Pasta
- Rice
- Soup Base
- Syrup

Avoid

- Glass Containers
- Perishable Foods



Need an idea of what to donate? Take a look below.

- Beets
- Carrots
- Collard Greens
- Corn
- Green Beans
- Okra
- Potatoes
- Spinach
- Tomatoes

- Applesauce
- Fruit Cocktail
- Mandarin
- Oranges
- Peaches
- Pears
- Pineapple

- Black Beans
- Chicken
- Chickpeas
- Ham
- Hearty Soups
- Tuna
- Turkey
- White Beans