



since 1973

P. O. Box 4373, Charlottesville, VA 22905-4373 Phone 979-9180 <http://avenue.org/efb/>

Foods items most needed:

Juice concentrate
Cereal
Canned vegetables *
Soup (dry or canned)
Canned beans
Rice
Canned fruit
Canned chicken or tuna
Peanut butter
Macaroni and cheese

* Vegetables:

Non-starchy

Green beans
Wax beans
Asparagus
Carrots
Greens (all types)
Okra
Onions
Sauerkraut
Tomatoes
Beets

Starchy

Corn
Lima beans
Peas
Mixed vegetables
Potatoes (white & sweet)
All canned beans, including
Baked, Navy & Pinto

No “jumbo” size containers, please.

Thanks for helping!!