



## FOOD FIGHT 2024

Food Fight benefits the Flat River Outreach Ministry's Food Pantry, which is available for eligible families in the Lowell Schools' District.

The pantry focuses on healthy food options. The following items are especially needed; we encourage you to share what you can!

### Needed Food Items

Canned fruit in 100% juice	Canned vegetables (no salt added)
Whole wheat cereals	Granola bars, low sugar
Evaporated milk	Jam/Jelly, low sugar
Chicken or Vegetable broth, low sodium	Lasagna noodles
Spices	Olive oil, Coconut oil
Triscuits, wheat thin crackers	Mayonnaise
Tomato paste	Canned yams, pumpkin puree
Gluten free pastas, crackers	

### Needed Paper and Personal Care Items

Deodorant	Shampoo/Conditioner	Body wash/soap/hand sanitizer
Paper Plates	Paper towel	Laundry Soap