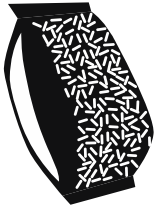


# FOOD DRIVE MOST NEEDED ITEMS

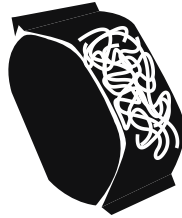


Feeding Hong Kong needs the following nutritious foods



## RICE

*Individual / family-sized  
bags*



## NOODLES

*Non-instant / non-  
fried*



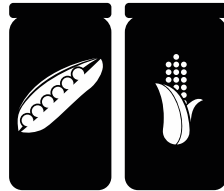
## PASTA

*Spaghetti, macaroni,  
penne etc*



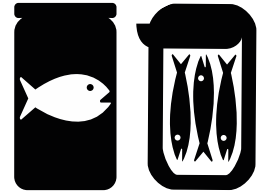
## COOKING OIL

*Corn or vegetable*



## CANNED VEGETABLES

*Corn, mushrooms, peas etc -  
low sodium, no added sugar*



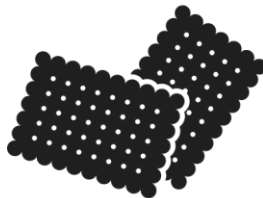
## CANNED FISH

*Sardines, mackerel or tuna -  
in tomato sauce / spring  
water*



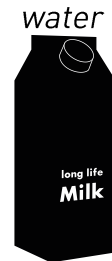
## CANNED FRUIT

*Pineapple, peaches etc -  
low sugar*



## BISCUITS & CRACKERS

*Low sugar, low sodium,  
low fat*



## MILK

*UHT or powdered -  
low fat or non-fat*

### THINK ABOUT NUTRITION

We encourage you to gather wholesome and healthy food items rather than sweets, snacks or desserts.

### FOOD SAFETY FIRST

We are not able to use:  
Rusty or unlabelled cans  
Perishable items  
Open or used items  
Items past their expiry date