



## MORTGAGE BANKERS ASSOCIATION OF SOUTHWEST FLORIDA

# ANNUAL FOOD DRIVE TO BENEFIT BONITA SPRINGS ASSISTANCE OFFICE

THURSDAY, NOVEMBER 15<sup>th</sup>  
(at our regularly scheduled luncheon)

**For our November luncheon, please bring canned goods or non-perishable items! Suggested food items listed below:**



**Bonita Springs  
Assistance Office**

## food basket

### Balanced Food List

#### Fats, Oils & Sweets

- Jelly and jam
- Honey
- Sweeteners
- Vegetable oil
- Salad dressing

#### Fruits

- Canned Fruit
- Raisins
- Applesauce
- Dried Fruits
- Baby Food Fruit
- Canned & Boxed 100% Juice

#### Vegetables

- Canned Vegetables
- Vegetable Soup
- Canned Tomato products
- Spaghetti Sauce
- V-8 Juice

#### Meat, Poultry, Fish, Dry Beans & Nuts

- Canned Beef Stew
- Bean soups
- Baked beans
- Canned Chili
- Peanut Butter

#### Milk, Yogurt & Cheese

- Powdered milk
- Instant breakfast drinks
- Canned and boxed pudding

#### Bread, Cereal, Rice & Pasta

- Dry noodles and pastas
- Cereal
- Oatmeal
- Bread & Muffin Mixes
- Pancake Mix
- Whole-Grain Crackers
- Granola Bars
- Graham Crackers
- Flour