

On the Road of Life, We can all use a hand. Offer one now to those in need.

Help Allpro Parking and The Food Bank of Western New York by dropping off nonperishable goods in our designated bins from November 10th- 21st.

- 465 Main Street, Suite 200A
- Lafayette Court Parking Lot
- Main and Seneca Lot
- Main and Swan Lot
- Franklin and Pearl Lot

Please consider healthy non-perishable products (please, no glass). Bear in mind, these are suggestions only as we are making a concerted effort to provide healthier options, but appreciate every and all donations:

Fruits & Vegetables:

- Canned Vegetables— reduced/low sodium preferred
- Canned Fruits — in natural juices
- Canned tomato sauces
- 100% fruit or vegetable juice

Protein:

- Canned tuna, chicken, stews and chili
- Canned or dried beans and legumes
- Peanut butter

Grains:

- Pasta, rice, cereal and oatmeal—
Whole grain/wheat preferred

Other Items:

- Shelf stable milk (dry or evaporated)



**Food Bank
of WNY**

Fighting Hunger One Day at a Time

*Serving Cattaraugus, Chautauqua,
Erie, and Niagara Counties*

