

# Have you thought about what foods a Food Pantry needs to help others?



Now>Forward is continually helping people and one of the greatest needs is food.

## Now>Forward could always use the following items:

- Canned vegetables
- Beans (1–2-pound bags)
- Canned Fruit
- Canned Chili
- Mac & Cheese (boxed)
- Canned Pasta (Spaghetti O's)
- Dry Pasta (elbow, Spaghetti, bowtie)
- Soups
- Tuna (5 oz cans)
- Peanut Butter (reg size)

If you would like to make a monetary donation you can send it to the address below.

Thank you for your kindness and generosity!



**now > forward**

Real-time help for a brighter tomorrow

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Now>Forward is 501 (c) (3) non-profit organization