

# PROVIDE NOURISHING MEALS FOR OUR NEIGHBORS TODAY!

**\$1 CAN HELP  
PROVIDE**

**3 NUTRITIOUS  
MEALS**



**MAKE A GIFT  
ONLINE**



**96%**

**OF EVERY DOLLAR DIRECTLY SUPPORTS  
PROGRAMS, FOOD, AND SERVICES.**

**THE LOWCOUNTRY FOOD BANK HAS A  
4 OUT OF 4 STAR RATING ON CHARITY  
NAVIGATOR.**

## MOST NEED FOOD ITEMS



Canned Protein



Low Sodium  
Vegetables



Nut Butters



Fruit in  
100% Juice



Low Sodium  
Soups

LOWCOUNTRYFOODBANK.ORG

