

Most Requested Food Items

- **Peanut butter & nut butters**
- **Canned fruits & vegetables
(low sugar and sodium)**
- **Baby food and formula**
- **Canned chili or stew
(with pop-top lids)**
- **Canned proteins
(like chicken, tuna and spam)**

Food and fund drives play an essential role in providing the community with consistent, diverse, and nutritious food. They supply more than 150,000 meals to neighbors in need each year and lend variety to the bulk staples food pantries receive. For every \$1 you donate EFN can provide 2 meals to neighbors in need.



The mission of Emergency Food Network (EFN) is to provide Pierce County with a consistent, diverse and nutritious food supply so that no person goes hungry.

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