

Top 10 Items To Donate

- Canned tuna
- Canned chicken
- Canned fruit in 100% juice
- Canned low-sodium vegetables
- Brown rice
- Whole-grain pasta
- Canned low-sodium beans
- Dried beans
- Non-hydrogenated nut butter
- Low-sodium soup

Healthy food is fuel for life.

Lighten Up Lancaster County is proud to support Hunger-Free Lancaster County and their mission to provide three healthy meals each day to every Lancasterian by 2018.

You can help people in our community by donating food to local food pantries. The people who receive this food are often at high risk for health problems such as heart disease and diabetes. By donating healthy items, you can help others live longer, healthier lives.

