

20 YEARS OF CAN!

United Way's Day of Caring

2025 Virtual Project



APPLE SAUCE
CANNED BEANS
CANNED CHICKEN
CANNED FISH (TUNA)
CANNED MEAT (SPAM)
CANNED VEGGIES
CANNED FRUIT
CRACKERS
GRANOLA BARS
DRY MILK
INSTANT MASHED POTATOES
NUTS
PASTA AND RICE
PEANUT BUTTER
SOUP, STEW AND CHILI
CEREAL

Choose pop-top cans when possible—these are easier for children, seniors, and individuals without can openers to access quickly in times of need.

