

Food Bank of Central & Eastern NC



As we approach the holiday season, the Food Bank needs both food and volunteers. In the five counties served by the Food Bank there are:

- 53,740 individuals living in Food-insecure households.
- 16,310 are children
- 17,459 are seniors living at, or below, the poverty level.

Last year through your generosity, 7,241,346 meals were provided to those in need. If grabbing an extra bag of groceries is not your thing, a cheque to the food bank buys five meals for every donated dollar.

If you decide to shop please read below so your efforts are rewarded with the right choices.

1. Everyone donates boxes of Kraft Mac and Cheese. It rarely gets distributed as it needs milk and butter as ingredients and that is hard to come by at the foodbank.
2. Boxed UHT milk is needed as it can be used for cereals which they get a lot of.
3. Pasta and sauce
4. Canned vegetables and soup – these cannot be consumed unless there is a can opener included.
5. Cooking oil
6. Spices, salt & pepper
7. Tea and coffee
8. Fresh produce*
9. Fresh meat*
10. Luncheon snack packs
11. Hamburger Helper (see #9)
12. The food bank gets lots of peanut butter and jelly, but rarely anything to put-it-on. A quick call can determine if bread is desired.
13. Butter or margarine
14. Cake mixes and frosting (you need eggs and oil) to complete this gift
15. Dishwashing detergent
16. Feminine hygiene, shower gel, deodorants, pampers, etc. are very much appreciated.

* A quick call can determine if fresh bread, vegetables, eggs, or butter can be handled that day, (252)751-7368.

Many of our neediest citizens do not have a hot plate or a can opener. If available, look for canned goods (vegetables, meats, fish, prepared food like Chef Boyardee Ravioli or soup) with pop top lids.

Note: The food bank is no longer on off of Hwy 55 on Glenburnie Blvd., it has moved to 1702 Red Robin Lane, New Bern, NC 28562.