

1 in 5 kids  
in southwest  
Missouri  
struggle with  
hunger.



*You can help us by:*



**Vunteering**



**Hosting a food drive**



**Donating Money**



**OZARKS  
FOOD  
HARVEST**  
THE FOOD BANK

Learn more at [ozarksfoodharvest.org](https://ozarksfoodharvest.org)

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## Most needed items:



- Tuna or other canned meat
- Peanut butter
- Beans, soups or stews
- Boxed meals, rice and pasta
- Canned fruit and vegetables
- Cereal

### *A little about us*

Ozarks Food Harvest is the food bank for southwest Missouri, serving 261,000 individuals across 28 counties

**Donate food or funds!  
\$1 helps provide 4 meals!**



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