



Nourish Food Bank is in need of items!

Nourish Food Bank is a 501(c)(3) nonprofit, providing food and additional assistance to families in Tennessee for nearly 40 years. In 2020, we provided aid to 627 families (1,718 individuals) each month. In addition, we supplied nearly 500 ATLAS Backpack bags a month, providing weekend food bags to homeless, disadvantaged school children in Rutherford County. Your donations directly help your neighbors in need.

Constant Needs:

Canned meats

Breakfast items (cereal variety packs, oatmeal, breakfast bars)

Chili/Chef Boyardee/Ravioli

Soup/Broth/RAMEN

Dried Rice/Dried Beans

Hygiene Items

Feminine Products



Thank you for your support!

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