Food Drive: “Most-Needed Items”

- Canned or Dried Beans (preferably low sodium)
- Nut Butters (preferably natural)
- Canned Vegetables (preferably low sodium or no salt added)
- Grains
  - Brown and White Rice
  - Pasta (preferably whole grain)
  - Macaroni & Cheese
- Hot and Cold Cereals
  - Oatmeal
  - Cheerios, Corn Flakes, Raisin Bran, etc.
- Canned Tuna, Salmon, or Chicken in Water
- 100% Juice
- Healthy Snacks
  - Granola Bars
  - Fruit Cups
  - Raisins
  - Etc.
- Canned Fruit (preferably in light syrup or its own juices)
- Shelf-Stable Individual Milk Boxes
- Cooking Oils & Spices
- Infant Formula & Baby Food