



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