



MOST NEEDED ITEMS FOR HOLIDAY MEALS WINTER

Most Needed Items this Season:

Low Sodium canned vegetables:
green beans, corn, mixed veggies

Brown or Wild Rice

Canned fruit in 100% juice or water

Canned tuna or chicken

Canned or Dried Beans

Canned Meals and Soups with Pop-Tops

Peanut Butter

Whole Grain Cereals

Shelf Stable Milk

