



# Most Needed Items

-- Please, no glass containers --

- Canned tuna, chicken & salmon**
- Canned veggies** (low sodium, where possible)
- Cooking oils**
- Shelf-stable milk**
- Pancake mix and syrup**
- Peanut butter & jelly**
- Canned fruits** (in juice or light syrup)
- Fruit juice** (100% juice)
- Soups** Suggestions: (low sodium, where possible)
  - chicken noodle      minestrone
  - chicken & rice      split pea
  - beef vegetable      lentil
- Ready-to-eat canned meals** Suggestions:
  - chili (bean, chicken, beef)      chicken w/rice & vegetables
  - stew (vegetable, chicken, beef)      spaghetti & meatballs
  - ravioli (cheese, beef)
- Hot cereals** Suggestions: oatmeal, steel-cut oats, farina, muesli
- Cold cereals** Suggestions:
  - Toasted O's (original or honey nut)      Special K
  - bran flakes      Fiber One cereals
  - corn flakes shredded      Cascadian Farms cereals
  - wheat brown rice      Kashi cereals
  - Grape-Nuts

**Please look for low sodium options**  
140mg or less per serving OR 5% daily value (DV) or less per serving

\*\* Please select cereals with whole grains listed as one of the first ingredients on the label. Less than 10g sugar per serving. 3-5g of fiber per serving. 5g or more of protein per serving.\*\*