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
    - chicken & rice
    - beef vegetable
  - Suggestions:
    - chili (bean, chicken, beef)
    - stew (vegetable, chicken, beef)
    - ravioli (cheese, beef)
- Ready-to-eat canned meals
  - Suggestions:
    - chicken w/rice & vegetables
    - spaghetti & meatballs
- Hot cereals
  - Suggestions: oatmeal, steel-cut oats, farina, muesli
- Cold cereals
  - Suggestions:
    - Toasted O’s (original or honey nut)
    - bran flakes
    - corn flakes shredded
    - wheat brown rice
    - Grape-Nuts
- Special K
- Fiber One cereals
- Cascadian Farms cereals
- Kashi cereals

** 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.**

Find more information at www.fulfillnj.org