Please support our

FOOD & FUND DRIVE

Organized by:

Start date:  
End date:

Details:

Contact:

Please display with the current Most Needed Items list
Canned tuna, chicken & salmon (in water)
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
- chicken noodle
- chicken & rice
- beef vegetable
- minestrone
- split pea
- lentil

Ready-to-eat canned meals
- chili (bean, chicken, beef)
- stew (vegetable, chicken, beef)
- ravioli (cheese, beef)
- 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. Per serving, look for less than 10g sugar, 3-5g of fiber, 5g or more protein.

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