



**HUNGER
WON'T
WIN HERE**

MEMBER OF
**FEEDING
AMERICA**

Most Needed Items

-Please, no glass containers-

Canned tuna, chicken & salmon

Canned vegetables

Low sodium, where possible

Cooking oils

Shelf-stable milk

Pancake mix & syrup

Peanut butter & jelly

Canned fruits

In juice or light syrup

Fruit juice (100% juice)

Soups

Chicken noodle, minestrone, split pea,
chicken & rice, beef vegetable, 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

Oatmeal, steel-cut oats, farina, muesli

Cold cereals

Toasted O's, Special K, Bran Flakes,

Fiber One, Cascadian Farms, Kashi,

Grape-Nuts, Corn Flakes

Cereals with whole grains listed as one of the first ingredients.

Per serving, look for less than 10g sugar, 3-5g of fiber,

5g or more protein.

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

