



# MOST NEEDED FOOD ITEMS

## Breakfast

Whole grain breakfast/granola bars with protein  
Instant oatmeal packets (left in their original box)

## Main Dishes

Cans of tuna or chicken  
1 lb. bags of long grain or brown rice  
1 lb. bags of beans (black, pinto, chickpeas, and lentils)  
Low-sodium soup in kid-friendly flavors  
Individual cups of macaroni & cheese  
1 lb. boxes of whole grain spaghetti noodles  
Cans of spaghetti sauce (15 oz. or smaller; no glass jars please!)

## Snacks, Sides, & Drinks

Non-perishable fruit/applesauce cups or cans, in water  
not in syrup, no added sugar  
Squeezable pouches of fruits, veggies, and  
shelf-stable yogurt  
Individually packaged raisins, nuts, or trail mix  
100% juice - multi-pack juice box size  
Shelf-stable, multi-pack milk boxes  
Peanut butter (plastic 14oz. or smaller jar)  
Graham, saltine, or whole-grain crackers

## Produce

We love to give out fresh fruits and vegetables! Please donate produce on Tuesdays or Wednesdays so we can ensure distribution while it's fresh.

