

# Food Drive Most Needed Items

--Please, no glass containers--

- Canned tuna & chicken**
- Canned veggies** (low sodium, where possible)
- Macaroni & Cheese**
- Shelf-stable milk**
- Pasta & Pasta Sauces**
- Peanut butter & Jelly**
- Canned fruits** (in juice or light syrup)
- Fruit Juice** (100% juice)
- Soups** (low sodium, where possible)
- Ready-to-eat canned meals** Suggestions:
  - chili (bean, chicken, beef)
  - stew (vegetable, chicken, beef)
- Hot cereals**
- Cold Cereals** (Whole Grain)

Please look for low sodium options 140 mg 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. Per serving, look for less than 10g sugar, 3-5g of fiber, 5g or more protein



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