



HUNGER  
WON'T  
WIN HERE

# Most Needed Items

-- Please, no glass containers --

**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** Suggestions: (low sodium, where possible)  
chicken noodle                      minestrone  
chicken & rice                        split pea  
beef vegetable                        lentil

**Ready-to-eat canned meals** Suggestions:  
chili (bean, chicken, beef)                      chicken w/rice & vegetables  
stew (vegetable, chicken, beef)                      spaghetti & meatballs  
ravioli (cheese, beef)

**Hot cereals** Suggestions: oatmeal, steel-cut oats, farina, muesli

**Cold cereals** Suggestions:  
Toasted O's (original or honey nut)                      Special K  
bran flakes    Fiber One cereals  
corn flakes shredded    Cascadian Farms cereals  
wheat brown rice    Kashi cereals  
Grape-Nuts

**Please look for low sodium options**  
140mg 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.

## MOST WANTED FOOD ITEMS

### Foods for Food Drives



TUNA, SALMON, SPAM,  
CHICKEN, HAM



SHELF STABLE



PASTA, POTATOES,  
RICE, CEREAL



MAC&CHEESE, CHILI, STEWS,  
MEATY SOUPS



PLASTIC JARS ONLY



ALL CANNED FRUIT  
AND VEGETABLES,  
ALL SIZES

**NO GLASS, CELLOPHANE, BOTTLED WATER, SODA OR BABY  
FOOD PLEASE**