



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.