



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

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

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 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.