



## Most Needed Items

-- Please, no glass containers --

**Canned tuna, chicken & salmon**

**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% daily  
value (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. Less than 10g sugar per serving. 3-5g of fiber per serving. 5g or more of protein per serving.\*\*