

FEED MORE – FOOD LIST
MOST NEEDED ITEMS
PLEASE NO GLASS CONTAINER OF ANY KIND

Peanut Butter

Lean Canned Proteins – Tuna, Salmon, or Chicken in water

Canned Vegetables- Low Sodium or no salt added

Canned Fruits – In its own juice or water

Tomato Products – Spaghetti sauce or diced tomatoes

Beans – Canned or Dry

Whole Grain Cereal – Hot or Cold

Whole Grains – Pasta, Brown Rice, Quinoa

Healthy Snacks – Fruit cups, Raisins, Granola Bars

Condiments

Oils – Canola, Coconut, Olive, Vegetable

Spices