

# VIRGINIA PENINSULA FOODBANK

**\*We prefer high fiber, low sugar, and low sodium. Standard-size containers are encouraged.  
Please no glass containers, black or garbanzo beans, dried lentils, or dried peas.**

- Canned meats (tuna, salmon, chicken, corned beef, Spam)
- Canned vegetables (string beans, butter beans, carrots, potatoes)
- Canned fruits (light syrup, less sugar, all-natural, or in own juice)
- Canned or dry beans (baked, pinto, kidney)
- Hearty meaty soups
- Spaghetti/pasta
- Hot and cold cereal
- Peanut butter & jelly
- Herbs/spices
  
- Instant potatoes
- Brown and white rice
- 100% fruit/vegetable juices
- Healthy snacks (granola bars)
- Condiments (soy sauce, ketchup, mustard, mayonnaise, etc.)
- Kitchen essentials (cooking oil, flour, sugar, etc.)
- Baby food & formula

## **Other Items:**

- Paper products
- Hygiene items
- Baby Products