

# Most Needed Items



## Canned Proteins

tuna, salmon, chicken,  
peanut butter, beans



## Pasta & Rice

brown & white rice,  
macaroni & cheese, pasta



## Canned Vegetables

low sodium, no salt added



## Fruits and Juices

in light syrup or its own juices,  
fruit cocktail, apple sauce, juice boxes



## Breakfast

cereal, oatmeal, quick oats,  
granola/cereal bars



## Soups & Stews

low sodium, beef stew, chili,  
chicken noodle, vegetable, turkey & rice



## Dairy

shelf-stable milk,  
evaporated milk,  
infant formula