

Most Needed Food Bank Items and Key Words

PROTEIN

Peanut Butter

Canned Light Chicken

Canned Ravioli

FRUITS

Variety of Fruits - No Sugar Added or packed in 100% Fruit Juice

VEGETABLES

Canned Vegetables - Low or No Sodium

Dry Beans or Low Salt canned beans

Grains

Whole Grain or 100% Whole Wheat Boxed Cereals (Low Sugar)

Key Words:

Low in Saturated Fat, Low Fat, Lean, Low Sugar, Packed in 100% Juice, Packed in Water, Low Sodium, 100% Whole Wheat, High Fiber, Whole Grain