Stardust Foundation Campus 2831 N. 31ST Ave. Phoenix, AZ 85009

Surprise 13050 W. Elm St. Surprise, AZ 85378 Flagstaff 201 E. Birch Ave. Suite 14 Flagstaff, AZ 86001

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

