



Most Wanted Items

641,000 of our neighbors in the Washington metro area are **at risk of hunger.**
1 in 5 are children.



Canned Fruits
in light syrup or its own juices



Canned Vegetables
low sodium, no salt added



Multigrain Cereal
cheerios, cornflakes, grapeanuts, raisin brand



Grains
brown & white rice, oatmeal, bulgur, quinoa, couscous, macaroni & cheese



Canned Proteins
Tuna, salmon, chicken, peanut butter, beans



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



100% Juice
all sizes, including juice boxes



Condiments
tomato based sauces, light soy sauce, ketchup, mustard, salad dressing, oils



Snacks
whole grain, low in added sugars, individually packed snacks, crackers, trail mix, dried fruit, granola/cereal bars, pretzels, sandwich crackers



Baking Goods
flour, sugar, baking powder, baking soda, spices, boxed mixes



Hygiene Items
diapers, deodorants for men & women, feminine products, toilet paper, tissues, soap, toothpaste, shampoo



Paper Products & Household Items
paper towels, napkins, cleaning supplies

