



Most Wanted Items

High Fiber, Low Sugar, Low Sodium



Canned Tuna, Salmon, or Chicken



Canned Vegetables
low sodium, no salt added



Canned Fruits
in light syrup or its own juices



Grains
brown & white rice, bulgur, pasta, macaroni & cheese



Hot and Cold Cereal
oatmeal, cheerios, corn-flakes, raisin bran



Canned or Dry Beans



Soup
low sodium



Peanut Butter and Jelly



100% Juice
all sizes, including juice boxes

Nearly **700,000** of our neighbors in the Washington metro area are at risk of hunger.

capitalareafoodbank.org



Together we can solve hunger™