



# 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

