

Guidelines:

- Avoid: Perishable, Processed, High-Sodium, Sugary Foods
- Add Vitamin C: 100% Real Fruit Juice Boxes, Cups, Sauce
- Boost Protein: Unsalted Nuts, Canned Fish, Chicken, Beans
- Choose Whole Grains: Dry Pasta, Cereal, Oats
- Get Rich in Fiber: Boxed Brown Rice, Canned Veggies, Granola

Most-Needed Items:

- Peanut butter (to go size)
- Shelf stable 100% fruit juice
- Canned chicken and tuna
- Single serve macaroni and cheese
- Shelf stable milk (8 oz)
- Almonds
- Individual fruit cups in 100% juice or water (4 oz peaches, pears, mixed fruit)

Find you local food bank at [FeedingAmerica.org](https://www.feedingamerica.org)