



MOST NEEDED FOOD ITEMS



We aim to provide the healthiest food possible for our kids. This includes foods that are minimally processed, low sodium, and low sugar. No oversize items or glass containers please!

PRODUCE

- It is so important that we provide our kids with fresh fruits and vegetables! Please donate on Tuesdays or Wednesdays so we can ensure distribution while it's fresh!

BREAKFAST

- Whole grain breakfast/granola bars with protein
- Instant oatmeal packets (left in their original box)

MAIN DISHES

- Cans of tuna or chicken
- 1 lb. bags of long grain or brown rice
- 1 lb. bags of beans (black, pinto, chickpeas, and lentils)
- Low-sodium soup in kid-friendly flavors
- Individual cups of macaroni & cheese
- 1 lb. boxes of whole grain spaghetti noodles
- Cans of spaghetti sauce (15 oz. or smaller; no glass jars please!)



SNACKS, SIDES AND DRINKS

- Graham, saltine, or whole-grain crackers
- Individually packaged raisins, nuts, or trail mix
- 100% juice - multi-pack juice box size
- Shelf-stable, multi-pack milk boxes
- Peanut butter (plastic 14 oz. or smaller jar)
- Non-perishable fruit/applesauce cups or cans, in water not in syrup, no added sugar
- Squeezable pouches (such as GoGo Squeeze) of fruits, veggies, & shelf-stable yogurt

