



MOST NEEDED FOOD ITEMS



We aim to provide healthy and quality food for our kids. Please see our updated nutrition guidelines. No oversized 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 distribute while fresh!

BREAKFAST

- Whole grain breakfast/granola bars with protein
- Instant oatmeal packets (left in original box) (see sugar guidelines above)
- Individual cereal cups (see sugar guidelines above)

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)
- Soup in kid-friendly flavors (see sodium guidelines above)
- Individual cups of macaroni & cheese
- 1 lb. boxes of whole grain spaghetti noodles
- Cans of spaghetti sauce (15 oz. or smaller; no glass please!)

SNACKS, SIDES AND DRINKS

- Individually packaged raisins, nuts, or trail mix (see sugar guidelines above)
- Graham, saltine, or whole-grain crackers
- 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

NEW Food Guidelines

(per serving):

- 7g or less of added sugar
- 600mg or less of sodium
- 4g or less of saturated fat

Find us at:

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