MOST NEEDED FOOD ITEMS

WE AIM TO PROVIDE HEALTHY, NUTRITIOUS FOOD FOR OUR KIDS

No oversized items or glass containers please!

Nutrition Guidelines:

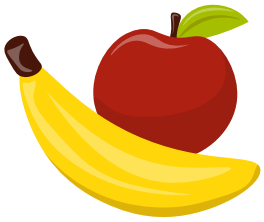
- 7g or less of added sugar
- 600mg or less of sodium
- 4g or less of saturated fat

Scan for Amazon Wish List

TABLE
feeding local kids

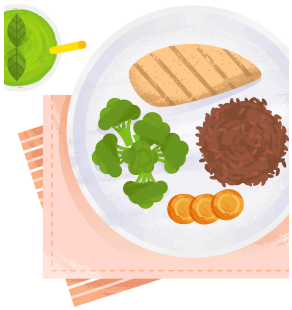
PRODUCE

- It is so important that we provide our kids with fresh fruits and vegetables! Please donate on **Tuesday, Wednesday, or Thursday before 11am** so we can distribute while fresh!



BREAKFAST

- Whole grain breakfast/granola bars with protein
- Plain instant oatmeal packets (left in original box)
- Shelf stable milk (32 oz. or less)
- Peanut butter in plastic jars (14 oz. or smaller); 100% peanuts, no added ingredients



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)
- 1 lb. boxes of whole grain noodles
- Cans of spaghetti or tomato sauce (15 oz. or smaller; no glass please!)

SNACKS, SIDES AND DRINKS

- Individually packaged nuts or trail mix (see sugar guidelines above)
- Whole grain crackers in single serving sizes
- Fruit cans, not in syrup, no added sugar
- Squeezable pouches (such as GoGo Squeez) of fruits & veggies (please not applesauce cups)

TABLENC.ORG 311 E. MAIN ST. CARRBORO, NC 27510 919-636-4860