Most Wanted Items
High Fiber, Low Sugar, Low Sodium

FeedMore.org | 804-521-2500

- **Peanut Butter**
  - creamy or crunchy
- **Lean Canned Protein**
  - tuna, salmon or chicken in water
- **Canned Vegetables**
  - low sodium or no salt added
- **Canned Fruits**
  - in its own juice or water
- **Tomato Products**
  - spaghetti sauce and dried tomatoes
- **Beans**
  - canned or dry
- **Whole Grain Cereal**
  - hot or cold
- **Whole Grains**
  - pasta, brown rice, quinoa
- **Healthy Snacks**
  - fruit cups, raisins, granola bars

Please no glass containers of any kind.

Nourishing the Community, Empowering Lives
Nearly 200,000 of our neighbors in Central Virginia struggle with hunger.