



# Most Wanted Items

High Fiber, Low Sugar, Low Sodium



**Canned Tuna, Salmon, or Chicken**



**Canned Vegetables**  
low sodium, no salt added



**Canned Fruits**  
in light syrup or its own juices



**Grains**  
brown & white rice, pasta, macaroni & cheese



**Hot and Cold Cereal**  
oatmeal, cheerios, cornflakes, raisin bran



**Canned or Dry Beans**



**Healthy Snacks**  
apple sauce cups, raisins, granola bars



**Peanut Butter**



**100% Juice**  
all sizes, including juice boxes

Nearly **700,000** of our neighbors in the Washington metro area are at risk of hunger.



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[Capitalareafoodbank.org](http://Capitalareafoodbank.org)

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Together we can solve hunger