



## MOST NEEDED ITEMS

*Making Healthy Food Items available to our pantries is our vision. Our promise to provide healthy and nutritious foods with the following labeling will help us meet these criteria.*

*Items that are marked as Low Sodium, No Added Salt, No Sugar Added, Reduced or Low Fat. Also, foods that use Whole grains, and canned proteins are recommended.*

- Low Fat or Natural Peanut Butter and No Added Sugar Jelly
- Low Sodium Canned Soups with Tab-topped lid
- Low Sugar-Coated Cereal
- Whole Wheat Pasta Noodles of all varieties and shapes
- Brown Rice
- No Added Sugar Canned Fruit
- Instant Oatmeal packs or Instant Cream of Wheat Cereal
- Whole or Buckwheat Pancake Mix and Reduced Sugar Syrup

### **Proteins. These items provide protein sources and convenience.**

- Spaghetti Sauce with meat or vegetables
- Instant Macaroni and Cheese meals
- Boxed Meal Helpers that require Ground Beef
- Canned Ravioli or Beef a Roni with Tab topped lid.
- Canned Beef Stew
- Canned Tuna or Chicken
- Instant Mashed Potatoes
- Packaged Stuffing

### **Personal Care Items are always a good choice.**

|                          |                   |                     |                  |
|--------------------------|-------------------|---------------------|------------------|
| <i>Deodorant</i>         | <i>Shampoo</i>    | <i>Bar Soap</i>     | <i>Body Wash</i> |
| <i>Toothpaste</i>        | <i>Toothbrush</i> | <i>Toilet Paper</i> | <i>Kleenex</i>   |
| <i>Sanitary Products</i> |                   |                     |                  |