

## **Feed More (Central Virginia Foodbank)**

### **List of Most Needed Items**



**Peanut Butter** – creamy or crunchy

**Beans** – canned or dry

**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

**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. Please return in bags with handles.)*