



Most-Needed Items

- Soups and chili (including low-sodium and ready-to-eat options)
- Pasta and rice
- Canned tuna, chicken, and salmon
- Shelf-stable regular and alternative milks
- Canned vegetables, fruit, and beans
- Dried fruit and nuts
- Individual oatmeal packets
- Single-serving and full box cereals
- Side dishes (mac & cheese, ramen, Rice-A-Roni)
- Juices and water
- Sauces, condiments, and spices
- Peanut butter and jelly
- Dried beans
- Coffee and tea