



# Most Wanted Items

High Fiber, Low Sugar, Low Sodium



**Canned Tuna,  
Salmon, or  
Chicken**



**Pasta and Rice**  
whole wheat



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



**Hot and Cold Cereal**  
oatmeal, cheerios, corn-  
flakes, raisin bran



**Pasta Sauce**



**Canned or Dry  
Beans**



**Peanut Butter**



**feds feed families**



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

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

1 in 5 is a child.

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



A member of **FEEDING™  
AMERICA**

Together we can solve hunger