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, bulgur, pasta, macaroni & cheese

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

Canned or Dry Beans

Soup
low sodium

Peanut Butter and Jelly

100% Juice
all sizes, including juice boxes

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