



# 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](http://capitalareafoodbank.org)



Together we can solve hunger™