

# MOST COMMONLY NEEDED ITEMS

*Please, no glass containers!*

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|---|--|
| <input type="checkbox"/> Peanut or other nut butters    | <input type="checkbox"/> Boxed mac & cheese                    |
| <input type="checkbox"/> Chicken broth                  | <input type="checkbox"/> Pasta sauce                           |
| <input type="checkbox"/> Canned tuna and chicken        | <input type="checkbox"/> Pasta, rice, and quinoa               |
| <input type="checkbox"/> Canned fruit in light syrup    | <input type="checkbox"/> Baby food and formula                 |
| <input type="checkbox"/> Juice boxes (no sugar added)   | <input type="checkbox"/> Shelf-stable milk (rice, almond, soy) |
| <input type="checkbox"/> Canned veggies                 | <input type="checkbox"/> Spices                                |
| <input type="checkbox"/> Canned soups, stews, and chili | <input type="checkbox"/> Cereal, oatmeal, and granola          |
| <input type="checkbox"/> Beans canned or dried          | <input type="checkbox"/> Cooking oils                          |

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***Low sodium, low sugar, and whole-grain items preferred***

