



*Working together to feed more*

## Most Wanted Items

High Fiber, Low Sugar, Low Sodium



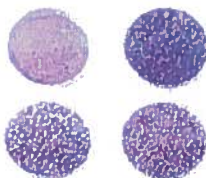
**Canned Tuna,  
Salmon, or Chicken**



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



**Canned Fruits  
in Juices**



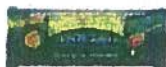
**Grains**  
brown & white rice, pasta  
macaroni & cheese



**Hot and Cold Cereal**  
oatmeal, cheerios,  
cornflakes, raisin bran



**Canned or  
Dry Beans**



**Healthy Snacks**  
fruit cups, raisins,  
granola bars



**Peanut Butter**



**Tomato Products**  
spaghetti sauce,  
dried tomatoes

*More than 200,000 of our neighbors  
in Central Virginia are at risk of hunger.*

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**FEEDING  
AMERICA**

**Nourishing the community, empowering lives**