

Most Needed Items

Proteins	Milk	Grains	Fruits & Vegetables
Canned lean meats, a good source of low-fat protein, and canned or dry beans, a good source of fiber.	Shelf-stable low-fat dairy products fortified with vitamin D.	Non-perishable whole grains.	Canned or dry fruits and vegetables in an array of colors to ensure a variety of vitamins and minerals.
canned tuna	dry milk	oatmeal	canned vegetables
canned salmon	evaporated milk	whole grain crackers	vegetable juice
Canned chicken	boxed shelf-stable milk	all types of pasta	diced tomatoes
Canned bean soup		low sugar/high fiber cereal	spaghetti sauce
Canned baked beans		whole grain rice	canned fruit
Dried and canned beans and peas		flour	fruit juices
Canned chili & beef stew			dried fruit
Peanut butter			shelf-stable fruit cups
Nuts			

Most needed NON-FOOD items include:

- Deodorant
- Disposable Diapers
- Shampoo
- Toilet Paper and Paper Towels
- Toothpaste