

# FEED MORE SM

## MOST NEEDED ITEMS

### FEED MORE IS ALWAYS IN NEED OF THESE ITEMS.

All items should be high fiber, low sugar and low sodium. Please no glass containers of any kind.



#### PEANUT BUTTER

Creamy or crunchy



#### LEAN CANNED PROTEIN

Tuna, salmon or chicken in water



#### CANNED VEGETABLES

Low sodium or no salt added



#### CANNED FRUITS

In its own juice or water



#### TOMATO PRODUCTS

Spaghetti sauce or diced tomatoes



#### BEANS

Canned or dry



#### WHOLE GRAIN CEREAL

Hot or cold



#### WHOLE GRAINS

Pasta, brown rice, quinoa



#### HEALTHY SNACKS

Fruit cups, raisins, granola bars