



**FEED
MORE**SM

Most Wanted Items

High Fiber, Low Sugar, Low Sodium

FeedMore.org | 804-521-2500

Peanut Butter

creamy or chunky



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 and dried tomatoes



Beans

canned or dry



Whole Grain Cereal

hot or cold



Whole Grains

pasta, brown rice, quinoa



Healthy Snacks

fruit cups, raisins, granola bars



Please no glass containers of any kind.



Nourishing the Community, Empowering Lives

Nearly 200,000 of our neighbors in Central Virginia struggle with hunger.