



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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Nourishing the community, empowering lives