



**FEED
MORESM**

Most Wanted Items

High Fiber, Low Sugar, Low Sodium

FeedMore.org | 804-521-2500

Peanut Butter
creamy or chunky



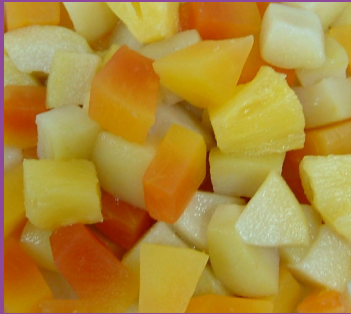
Lean Canned Protein
tuna, salmon or chicken in water



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.