Most Wanted Items
High Fiber, Low Sugar, Low Sodium

Canned or Dry Beans

Peanut Butter

Canned Vegetables
low sodium, no salt added

Grains
brown & white rice, pasta, macaroni & cheese

Hot and Cold Cereal
oatmeal, cheerios, cornflakes, raisin bran

Canned Tuna, Salmon, or Chicken

Healthy Snacks
raisins, granola bars

100% Juice
all sizes, including juice boxes

Canned Fruits
in light syrup or its own juices

The Capital Area Food Bank is creating access to good, healthy food in every community, and we couldn’t do it without you! By donating food, you’re helping to get meals to children, seniors, and families who need them. And by choosing items on this “most wanted” list, you’re contributing to the health and wellness of the 540,000 neighbors we serve.

Thank you!