

# MOST NEEDED FOOD ITEMS

## Grains

- Whole Grain Cereal
- Oatmeal
- Whole Grain Pastas
- Brown Rice

## Fruits and Vegetables

- Canned Fruit in Juice
- Low Sodium Canned Vegetables

## Staples

- Instant Breakfast Drink Mix (No Sugar Added)
- Low Sodium Pasta Sauces
- Low Sodium Soups
- Spices and Seasonings

## Proteins

- Dry, Whole Beans
- Lentils
- Canned Chicken (In Water)
- Canned Tuna (In Water)
- All Natural Peanut Butter

**No glass containers, please.**

All donations help feed hungry neighbors in northern Illinois. Learn more about how the Food Bank feeds our hungry neighbors at [www.SolveHungerToday.org](http://www.SolveHungerToday.org).

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