



NO 1 SHOULD GO HUNGRY

MOST NEEDED ITEMS:



Grain

- Rice
- Pasta
- Cereal



Fruit and Vegetables

- Canned Vegetables
- Canned Fruits



Protein

- Beans
- Peanut Butter
- Tuna



Shelf Stable Grocery Items

- Stew
- Jelly
- Macaroni & Cheese
- Chili
- Soup
- Pasta Sauce



Dairy

- Shelf-Stable Milk