

Most Wanted Items

High Fiber, Low Sugar, Low Sodium



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!



Canned or Dry Beans



Canned Vegetables

low sodium, no salt added



Peanut Butter



Grains

brown & white rice, pasta, macaroni & cheese



Hot and Cold Cereal

oatmeal, cheerios, corn-flakes, raisin bran



Canned Tuna, Salmon, or Chicken



100% Juice

all sizes, including juice boxes



Healthy Snacks

raisins, granola bars



Canned Fruits

in light syrup or its own juices