

Needs Inc. Wish List

A guide to use when donating to the food bank or organizing a food drive.

Vegetables and Fruits

Unsweetened applesauce

Pasta sauce

Canned fruit (pears, pineapple, fruit cocktail, peaches, and mandarin oranges) packed in juice or water

Canned vegetables (peas, mushrooms, corn, green beans, tomatoes) low sodium if possible

Juice boxes (100% fruit)

Potatoes

Carrots

Raising boxes

Grain Products

Brown rice

Whole wheat pasta

Whole grain, low sodium crackers

Granola bars

Hot cereal (oatmeal, cream of wheat)

Cold cereal (bran, shredded wheat, wheat squares, toasted o's, raisin bran, mini wheat's)

Infant cereal

Milk and Milk Alternatives

Canned evaporated milk (1% or skim)

Soy, almond or rice beverage (Tetra Pak)

Powdered milk

Meat and Meat Alternatives

Canned fish (salmon, light tuna)

Canned meat (ham, turkey, chicken)

Canned chili

Peanut butter

Canned or dried beans (kidney, black, baked, chick peas, black eyed peas, lentils)

Raw or unsalted mixed nuts, almonds

Sunflower Seeds

