



## **Most Needed Food Items**

Canned Chicken & Tuna • Dry & Canned Beans • Cereal • Rice  
Nuts & Seeds • Peanut Butter • Canned Soup • Canned & Dried Fruit  
Canned Vegetables • Powdered Milk • Infant Formula

## **Nutritional Choices**

Tuna in Water • Low-Sodium Canned Beans • Brown & Wild Rice  
Low-Sugar Whole Grain Cereal • Unsalted Almonds • Flax Seeds  
Low-Sodium & Low-Fat Canned Soup • No Sugar Added Peanut Butter  
Canned Fruit in Water or Juice • Low-Sodium & No Salt Added  
Canned Vegetables • Low & Nonfat Powdered Milk

## **We are unable to accept:**

*Glass jars or homemade food products*

[www.SanDiegoFoodBank.org](http://www.SanDiegoFoodBank.org)