



## Capital Area Food Bank Food Drive Most Wanted List

### Non-perishable Food Items

**Canned Proteins** (tuna, salmon, chicken, peanut butter)

**Canned Fruits in Own Juices or Light Syrup** (Pineapples, peaches, and pears)

**100% Fruit Juices** (all sizes including juice boxes)

**Grains** (pasta, whole wheat pasta, rice, brown rice, macaroni and cheese)

**Condiments** (tomato based sauces, light soy sauce, ketchup, mustard, light salad dressings)

**Low Sodium/ No Salt Added Canned Vegetables** (mixed, green beans, corn)

**Soups** (beef stew, chili, chicken noodle, turkey rice)

**Multigrain Cereal** (cheerios, cornflakes, grapenuts, raisin bran)

### Hygiene Products

Diapers

Deodorants for men and women

Feminine products

Toilet paper

Tissues

Soap

Toothpaste

Shampoo

### Nutrition Education Programs

*(For cooking classes and cooking demonstrations, designed to teach life skills, cooking skills, meal planning, and nutrition to adults and children.)*

Brown rice (1 or 2 lb bags)

Flour (1 or 2 lb bags)

Barley (1 lb bag / box)

Olive and/or canola oil

Corn starch

Black beans (canned)

Garbanzo beans (canned)

Thyme (small size)

**Kids' Café** *(An evening meal served at after-school programs before a child goes home. Industrial sizes appreciated.)*

Applesauce

Juice (100% juice only)

Pasta Sauce (no meat)

Granola/Fruit bars

Graham Crackers

Peanut Butter and Jelly

Pretzels/Crackers

Assorted Nuts and Dried Fruit

Paper/Plastic Cups & Plates

Plastic Forks and Spoons