

Most Wanted Items

benefitting the

Capital Area Food Bank

11 *in*
2011

CFC #30794 | United Way #8052

www.CapitalAreaFoodBank.org

1 **Canned Fruits**
in light syrup or its own juices

2 **Canned Vegetables**
low sodium, no salt added

3 **Multigrain Cereal**
cheerios, cornflakes, granenuts,
raisin bran

4 **Grains**
brown & white rice, oatmeal, bulgar, quinoa,
couscous, pasta, macaroni & cheese

5 **Canned Proteins**
tuna, salmon, chicken, peanut butter,
beans

6 **Soups**
beef stew, chili, chicken noodle, turkey rice

7 **100% Juice**
all sizes, including juice boxes

8 **Condiments**
tomato based sauces, light soy sauce,
ketchup, mustard, salad dressing, oils

9 **Snacks**
individually packed snacks, crackers,
trail mix, dried fruit, granola/cereal bars,
pretzels, sandwich crackers

10 **Paper Products & Household Items**
paper towels, napkins, cleaning supplies

11 **Hygiene Items**
diapers, deodorants for men & women,
feminine products, toilet paper, tissues,
soap, toothpaste, shampoo



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