

Most Needed Items



High Fiber, Low Sugar, Low Sodium

The Capital Area Food Bank is working to create to access to good, nutritious 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 needed" list, you're contributing to the health and wellness of the 500,000 neighbors we serve. Thank you!



PLANT PROTEINS

canned or dry beans, whole nuts & seeds, or lentils



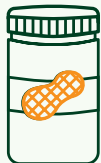
CANNED TUNA, SALMON, OR CHICKEN

in water



GRAINS

brown & white rice, pasta, whole oats, corn & flour tortillas



PEANUT BUTTER

no hydrogenated oils



PANTRY STAPLES

cooking oils, tea, non-dairy/ shelf-stable milks



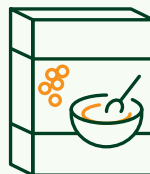
CANNED VEGETABLES

low sodium, no salt added



CANNED FRUITS

in 100% juice



WHOLE GRAIN HOT AND COLD CEREAL

containing less than 7g of sugar per serving



NON-SALT SPICE

e.g. black pepper, cinnamon, garlic powder, etc.



DONATE AND FIND MORE WAYS TO HELP AT:
capitalareafoodbank.org

D.C. Office: 4900 Puerto Rico Ave., NE, Washington, D.C. 20017
P: (202) 644-9800

VA Office: 9610 Gunston Cove Road, Suite A, Lorton, VA 22079
P: (571) 482-4770