CAPITAL AREA FOOD BANK™

Most Wanted Items

641,000 of our neighbors in the Washington metro area are **at risk of hunger.**
1 in 5 are children.

Canned Fruits
in light syrup or its own juices

Canned Vegetables
low sodium, no salt added

Multigrain Cereal
cheerios, cornflakes, grapenuts, raisin brand

Grains
brown & white rice, oatmeal, bulgur, quinoa, couscous, macaroni & cheese

Canned Proteins
Tuna, salmon, chicken, peanut butter, beans

Soups
low sodium, beef stew, chili, chicken noodle, turkey & rice

100% Juice
all sizes, including juice boxes

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

Snacks
whole grain, low in added sugars, individually packed snacks, crackers, trail mix, dried fruit, granola/cereal bars, pretzels, sandwich crackers

Baking Goods
flour, sugar, baking powder, baking soda, spices, boxed mixes

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

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

capitalareafoodbank.org

A member of FEEDING AMERICA™

'til no one is hungry