



# NO 1 SHOULD GO HUNGRY

## **MOST NEEDED ITEMS:**



### **Grain**

- Rice
- Pasta
- Cereal



### **Fruit and Vegetables**

- Canned Vegetables
- Canned Fruits



### **Protein**

- Beans
- Peanut Butter
- Tuna



### **Shelf Stable Grocery Items**

- Stew
- Jelly
- Macaroni & Cheese
- Chili
- Soup
- Pasta Sauce



### **Dairy**

- Shelf-Stable Milk