

Most Wanted Items

benefitting the
Capital Area Food Bank

12 *in*
2012



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, bulgur,
quinoa, couscous, 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

Baking Goods

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

11

Hygiene Items

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

12

Paper Products & Household Items

paper towels, napkins,
cleaning supplies