

# MOST NEEDED ITEMS

**THE HUNGER NETWORK IS ALWAYS IN NEED OF THESE ITEMS.**

We're committed to providing healthy food options. We encourage food that is high fiber, low sugar and low sodium! Please refrain from using glass containers to avoid breakage.



## **CANNED PROTEIN**

Tuna, Chicken, Ham



## **WHOLE GRAINS**

Rice, Pasta, Oatmeal, Quinoa



## **FRUITS**

Canned in Own Juice or Water



## **VEGETABLES**

Canned and Low Sodium



## **BEANS**

Canned or Dry



## **PEANUT BUTTER**

Creamy or Crunchy



## **CEREAL**

Whole Grain, Hot or Cold



## **HEALTHY SNACKS**

Granola Bars, Raisins, Nuts



## **HYGIENE ITEMS**

Toilet Paper, Tampons, Deodorant

**Hunger Network | No one goes hungry. No food goes to waste.**

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