

Food We Love



Canned fruit and veggies
Hot or cold cereal
Canned meat
Peanut butter
Rice, pasta, or other grains
Canned or dry beans
Healthy kids' snacks or juice
Canned or boxed soups

* **Healthy, low sodium items are appreciated** *

Food to Avoid



Garbage
Candy
Soda
Potato chips
High sugar cereals
Bottled water

Please avoid high fat, high sugar items