



Most Needed Food Items

- Canned Chicken & Tuna • Dry & Canned Beans
- Cereal • Rice • Nuts & Seeds • Peanut Butter
- Canned Soup • Canned & Dried Fruit
- Canned Vegetables • Powdered Milk • Infant Formula

Nutritional Choices

- Tuna in Water • Low-Sodium Canned Beans • Brown & Wild Rice
- Low-Sugar Whole Grain Cereal • Unsalted Almonds
- Flax Seeds • Low-Sodium & Low-Fat Canned Soup
- No Sugar Added Peanut Butter • Canned Fruit in Water or Juice
- Low-Sodium & No Salt Added Canned Vegetables
- Low & Nonfat Powdered Milk

We are unable to accept

Glass jars or homemade food products

SanDiegoFoodBank.org