



Fight Hunger in Our Neighborhoods!

# Most Requested Items

If you plan to donate to the Stuff the Bus food drive on October 9, please consider giving items from this list. Because the average size of a family seeking food assistance is four people, the sizes indicated are preferred to reduce food spoilage. Additionally, donating items that are high fiber, low sugar and low sodium not only feed hungry people but also contribute to their overall health and wellness.

- Cooking oil
- Corn Flour Maseca
- Bag (dry) beans, peas or lentils (16 oz.)
- Rice - brown or white (5 lbs. or smaller)
- Canned fruit in light syrup or juice (20 oz. or smaller)
- Healthy hot and cold cereal (42 oz. or smaller)
- Healthy snacks (e.g. raisins, granola bars)
- Canned tuna, salmon or chicken (15 oz. or smaller)
- Canned tomatoes - low sodium, no salt added (29 oz. or smaller)
- Soup - lower sodium (19 oz. or smaller)
- Canned pasta (16 oz. or smaller)
- Macaroni and cheese
- Peanut butter (40 oz. or smaller)
- Fruit jam (32 oz. or smaller)
- Instant potatoes (16 oz. or smaller)
- Pancake mix (32 oz. or smaller) and syrup
- Canned vegetables - low sodium, no salt added (29 oz. or smaller)
- Canned beans or peas (29 oz. or smaller)

