

# MOST NEEDED ITEMS

## PROTEIN



Peanut Butter, canned fish,  
meat, beans

## FRUITS AND VEGETABLES



Canned fruits, vegetables.  
soup, fruit juice

## SOUPS



Canned Soups

## GRAINS



Pasta, rice, oatmeal, nuts.  
granola/protein bars

If you have any questions, contact Samantha Fox at  
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