MOST NEEDED FOODS

**GRAINS**
- Instant oatmeal packets, original flavor
- Brown rice (16 oz)
- Whole grain pasta (16 oz)

**PROTEIN**
- Tuna, Salmon, or Chicken (in water)
- Dry or canned beans (low sodium)
- Natural nut butters

**FRUITS AND VEGETABLES**
- Canned vegetables (low-sodium)
- Canned fruit (in juice)
- Fruit cups

**OTHER HEALTHY ITEMS**
- Shelf-stable, individual milk boxes
- Cooking oil & spices
- Infant formula & baby foods