



# manna food center

## 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

