



manna food center

fighting hunger and feeding hope in montgomery county

MOST NEEDED FOODS LIST

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

