



Fight Hunger in Our Neighborhoods!

# Most Requested Items

If you plan to donate to the Stuff the Bus food drive, please consider giving items from this list. Because the average size of a family seeking food assistance is four people, the sizes indicated below 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.

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

