



# Most Wanted Items

High Fiber, Low Sugar, Low Sodium

**Peanut Butter**  
creamy or crunchy



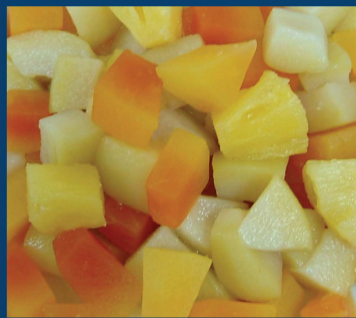
**Lean Canned Protein**  
tuna, salmon or chicken in water



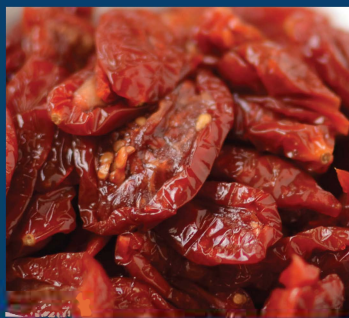
**Canned Vegetables**  
low sodium or no salt added



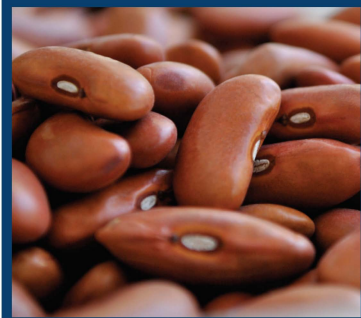
**Canned Fruits**  
in its own juice or water



**Tomato Products**  
spaghetti sauce and dried tomatoes



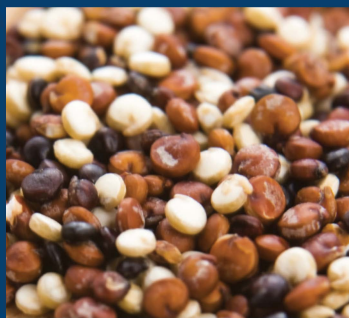
**Beans**  
canned or dry



**Whole Grain Cereal**  
hot or cold



**Whole Grains**  
pasta, brown rice, quinoa



**Healthy Snacks**  
fruit cups, raisins, granola bars



Please no glass containers of any kind.