

FEED MORE SM

MOST NEEDED ITEMS

FEED MORE IS ALWAYS IN NEED OF THESE ITEMS.

All items should be high fiber, low sugar and low sodium. Please no glass containers of any kind.



PEANUT BUTTER

Creamy or crunchy



LEAN CANNED PROTEIN

Tuna, salmon or chicken in water



CANNED VEGETABLES

Soups and stews - Low sodium or no salt added



CANNED FRUITS

In its own juice or water



TOMATO PRODUCTS

Spaghetti sauce, Ravioli or diced tomatoes



BEANS

Canned or dry



WHOLE GRAIN CEREAL

Hot or cold, Oatmeal packages



WHOLE GRAINS

Pasta, brown rice, quinoa



HEALTHY SNACKS

Fruit cups, raisins, granola bars

FEED MORE SM

MEMBER OF
FEEDING AMERICA



Open Hearts. Open Minds. Open Doors.

Ginter Park United Methodist Church

Richmond, Virginia

NORTHSIDE RVA FOOD PANTRY

MOST NEEDED ITEMS:

- PAPER BAGS
- LAUNDRY DETERGENT
- BAR SOAP / HAND SOAP
- TOILET PAPER / WET WIPES
- FACIAL TISSUE
- DIAPERS (ALL SIZES)
- SHAMPOO / CONDITIONER
- TOOTHBRUSHES / TOOTHPASTE
- DEODORANT
- FEMININE PRODUCTS (PADS, TAMPONS)