

FOOD BANK OF DELAWARE

MOST NEEDED ITEMS

High Fiber, Low Sugar, Low Sodium

CANNED FRUITS



*In Light Syrup
or in its
Own Juices
(if possible)*

HOT & COLD CEREAL



Oatmeal
Cheerios
Corn Flakes
Raisin Bran

*100% whole-grain or whole grain
as first ingredient (if possible)*

CANNED MEAT



Tuna
Salmon
Chicken

In Water (no oil or broth if possible)

PEANUT BUTTER



*Low-Sodium
(if possible)*

GRAINS



Brown and
White Rice
Pasta
Macaroni &
Cheese

*First ingredient
whole-grain
(if possible)*

CANNED & DRIED BEANS



*Low-Sodium
No Salt Added
(if possible)*

CANNED VEGETABLES



*Low-Sodium
No Salt Added
(if possible)*

100% FRUIT/VEGETABLE JUICE



All Sizes, Including
Juice Boxes

HEALTHY SNACKS



Raisins
Granola Bars

The Food Bank of Delaware is creating access to good, healthy food in every community, and we couldn't do it without your generous donations! Our new Foods to Encourage policy ensures that we procure the healthiest foods available for Delawareans in need.

Unfortunately, many low-income Delawareans suffer from health conditions such as diabetes, high blood pressure, and other diet-related illnesses. Ensuring access to healthy foods helps mitigate these health conditions. By choosing items on this "most wanted" list, you're contributing to the health and wellness of the neighbors we serve. Thank you for your generous donations!

Food Bank
OF DELAWARE

www.fbd.org