



Blue Ridge Area **FOOD BANK**

Everyone should have enough to eat.

A member of
**FEEDING
AMERICA**

Most Needed Items

No glass please!

Canned soups, stews and chili - *low sodium*

Canned veggies - *low sodium*

Cereal - *low sugar, whole grain*

Peanut or almond butter - *low sugar*

Spaghetti sauce - *low sugar*

Boxed mac & cheese

Pasta and rice - *whole grain*

Canned tuna and chicken

Paper products

Baby food, formula, and diapers

Soap and feminine products

Toothbrushes

Thank You!

www.brafb.org