



# MANNA FOODBANK

## HEALTHY FOOD DRIVE MOST NEEDED ITEMS:

**GREEN TEA**  
(antioxidants & nutrients)



**LOW SODIUM VEGETABLES**  
(vitamins & fiber)



**CANNED TUNA & CHICKEN**  
(protein boost)



**UNSALTED NUTS**  
(protein & vitamins)



**NO SUGAR ADDED FRUITS**  
(vitamin C & nutrients)



**SHELF STABLE MILK**  
(calcium & protein)



**WHOLE GRAIN PASTA**  
(high nutritional value & fiber)



**BROWN RICE**  
(high fiber & vitamin B)




**OATMEAL**  
(healthy & filling breakfast)



**CANOLA & OLIVE OIL**  
(relatively health calories)



**PEANUT BUTTER**  
(protein-rich)



**LOW SODIUM SOUPS**  
(all food groups together)



**BEANS: CANNED AND DRY**  
(high protein)



**LOW SUGAR CEREALS**  
(high healthy whole grains)



**GRANOLA BARS & POPCORN**  
(healthy snacks)



 **POP TOP CANS & MICROWAVABLE CUPS PREFERRED · NO GLASS**  
**LOW SODIUM · LOW TRANS FAT · < 1G SUGAR**  
\*health benefits and facts listed underneath each item

# MANNAFoodBank.org

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