

Utilize this list to provide the most healthful food donations for our neighbors.

Help Manna by planning a Food & Funds Drive.

Details available at our website: <http://www.mannafood.org/give-food/host-a-food-drive/>



Grains

- Instant oatmeal packets, original flavor
- Brown rice (16 oz)
- Whole grain pasta (16 oz)

Protein

- Tuna, Salmon or Chicken, in water
- Dry or canned beans (low sodium)
- Natural nut butters

Fruits & Vegetables

- Canned vegetables (low-sodium)
- Canned fruit (in juice)
- Fruit cups

Other Healthy Items

- Shelf-stable, individual milk boxes
- Cooking oils & spices
- Infant formula & baby foods