

Most Needed Items



High Fiber, Low Sugar, Low Sodium

Montgomery County Food Bank works alongside volunteers, corporate and community partners, and non-profit agencies to build a community where everyone has access to sufficient, nutritious food.

By donating food, **you are helping to get meals to children, seniors, and families** who need them. By choosing items on this "Most Needed" list, you are contributing to the health and wellness of the hungry neighbors we serve.

Thank you!



Canned or Dry Beans



Peanut Butter



Canned Vegetables
low sodium, no salt added



Grains

brown & white rice, pasta, macaroni & cheese



Hot and Cold Cereal
oatmeal, cheerios, corn flakes, raisin bran



Canned Tuna, Salmon, or Chicken



100% Juice
all sizes, including juice boxes



Canned Fruits
in light syrup or it's own juices



Healthy Snacks
raisins, granola bars