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 and 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

Jelly

Grains
brown & white rice, pasta, macaroni & cheese

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

Pasta Sauce

100% Juice
all sizes, including juice boxes

Canned Tuna, Salmon, or Chicken

Canned Fruits
in light syrup

Healthy Snacks
raisins, granola bars

Montgomery County foodbank

mcfoodbank.org