



Most Needed Items

Top Needed Items	Nutrition Preference*
#1: Fruit (cups, cans, raisins, applesauce)	Low sugar, in 100% fruit juice or water
#2: Rice (white or brown)	Brown rice

Other Most Needed Items	
Shelf-stable milk, soy milk, or almond milk	1% or 2%
Breakfast items	Low sugar
Instant mashed potatoes	Low sodium
Canned chicken, tuna, or salmon	Low sodium
Meal makers (Hamburger/Tuna Helper, pizza kits)	Low sodium
Vegetable soup, beef stew, or chili	Low sodium
Canned beans	Low sodium
Peanut Butter	Low sugar
Jelly	Low sugar
Juice	100% fruit juice
Pasta	Whole wheat
Canned vegetables	Low sodium
Nuts or seeds	Low sodium
Toiletries (toothbrush, toothpaste, soap, shampoo, feminine hygiene products)	

PLEASE NOTE:

- Pop-top cans preferred
- No bulk items, please

*Nutrition guidelines based on the Maryland Food Bank's nutrition policy and SWAP tool (Supporting Wellness at Pantries)

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2200 Halethorpe Farms Rd.
 Baltimore, MD 21227
 410.737.8282

www.mdfoodbank.org    

